

The Sahaja Yoga Joke Book

*A collection of jokes and humorous sayings
by Her Supreme Holiness
Shri Mataji Nirmala Devi
and by Sahaja Yogis*

Edited by Chris Marlow

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Researches in Sahaja Yoga – No. 9





Shri Mataji, Thank You for getting us to laugh
at ourselves and showing us that humour
is one of the greatest of Divine Qualities.

Sahaja Yoga Joke Book

Humour, we can say, is a quality of the Central Channel where we witness the world in a detached way.

Her Supreme Holiness Shri Mataji was not only wonderfully humorous in Her observations of human nature, but also enjoyed a good joke. This small book is a collection of some of Her humorous sayings and jokes, as well as witticisms and stories from other Sahaja Yogis.

“Shri Mataji’s quotes are all in Maiandra font with double quotation marks and referenced in the text.”



New additions to the 2023 edition include more stories by Shri Mataji, and some Sahaj puzzles and quizzes.

There is also a great treasure trove of Sahaj humour collected over many years, on the website ***sahajcartoons.blogspot.com***. One delightful example is a piece where some Yogis are complaining that they went to Guru Puja hoping to develop their detachment, but things were so well organised, the arrangements were so comfortable and the food so tasty and plentiful, that there was nothing to get detached about!

We would welcome any additions to the SYJoke Book;
please email contributions to: chris108m@yahoo.co.uk

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####

The Sahaj greeting, ‘Hello, you’re very well, how am I?’

####

Someone once asked Shri Mataji at a public program in London;

‘Isn’t Sahaja Yoga brainwashing people?’

Shri Mataji looked thoughtful for a few moments....

“Brainwashing? Yes, it’s a very good idea. I think most people’s brains definitely need washing.”

oOo

Shri Mataji would field such aggressive or pretentious questions with innocence and humour. At a similar follow-up program at the Holland Park School in London someone asked Her:

‘Shri Mataji, what is love?’

To which She replied: “Haven’t you ever had a dog?”

####

Q. How can you recognize emails from Sahaja Yogis?

A. They don’t have any attachments.

####

A Sahaja Yogi in India was driving along and saw a hitch-hiker, but did not stop. As he drove on he thought ‘Why worry, we are all the Spirit? What bad can happen?’

So he stopped, reversed back and picked up the hitch-hiker. As they were driving along the hitch-hiker asked the Sahaja Yogi why he had driven past and then changed his mind.

The Yogi replied 'I am a Sahaja Yogi, and we are all Spirits, so what harm can come to us?'

The man was so frightened that he jumped out of the car at the next traffic lights and ran away.

####

CSK - Common Sahaj Knowledge... things everyone seems to know in Sahaja Yoga but which Shri Mataji may not have ever actually said.

This comes from an occasion when one of the early SY's was driving Shri Mataji down Oxford Street in London, and commented to Her, 'Ah! Shri Mataji, here we are on Oxford Street, where Shri Adi Guru Dattatreya used to sit meditating on the banks of the river Thames (Tamas)'.

'Really?' said Shri Mataji, 'I didn't know that.'

'Oh, yes, Shri Mataji, it's Common Sahaj Knowledge!'

####

Country boy: I find people from London tend to analyse everything.

Londoner: Really? I wonder why that is?

####

'Attachments would be really easy to get rid of if we weren't so attached to them'

####

A Sahaja Yogi is walking through the forest when he comes face to face with a tiger. Frightened he closes his eyes and starts saying the mantra to Shri Durga for protection.

To his surprise he hears another voice saying a mantra and, opening his eyes, he sees the tiger is also sitting in meditation.

‘Ah! So you’re a Sahaja Yogi too?’ he asks.

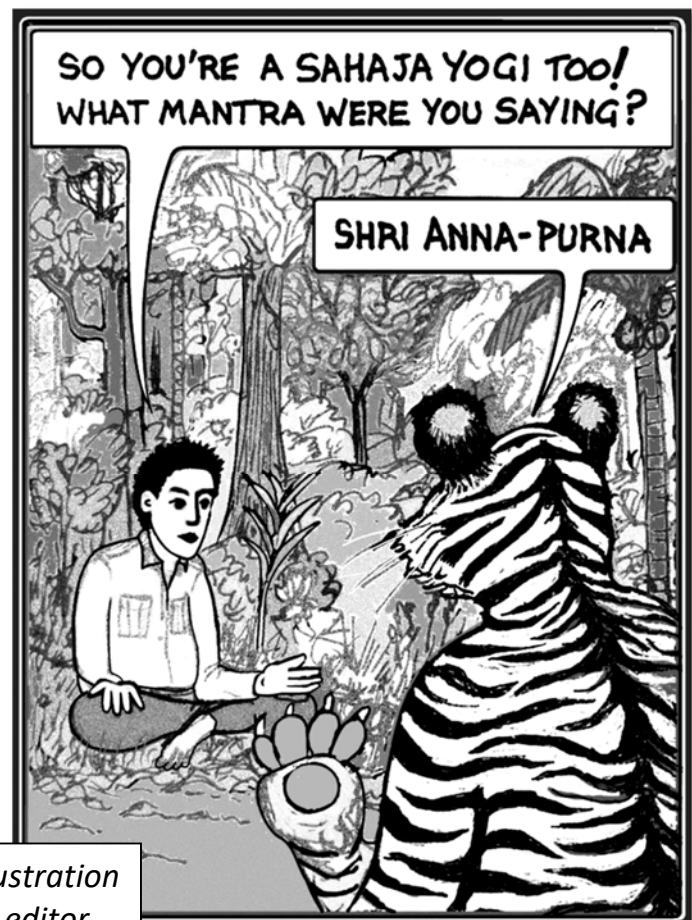
‘Yes, yes’ says the tiger.

‘Really! and what mantra were you saying?’ asks the man.

‘Shri Anna-purna’, replies the tiger.

“Say your car fails. So it fails, get down, enjoy yourself nicely till somebody comes along, takes you. Or, if supposing you don't get some lift, all right, stay there overnight. What is it? No tiger is going to eat you. And if the tiger has to eat you, it will eat. Where is the problem? Still I can't see. I can't see the problem. If tiger has to eat, that's already destined that the tiger has to eat. In any case, nobody dies; you'll be born again. If you look at it from that angle then you'll be surprised, most of the problems do not exist.”

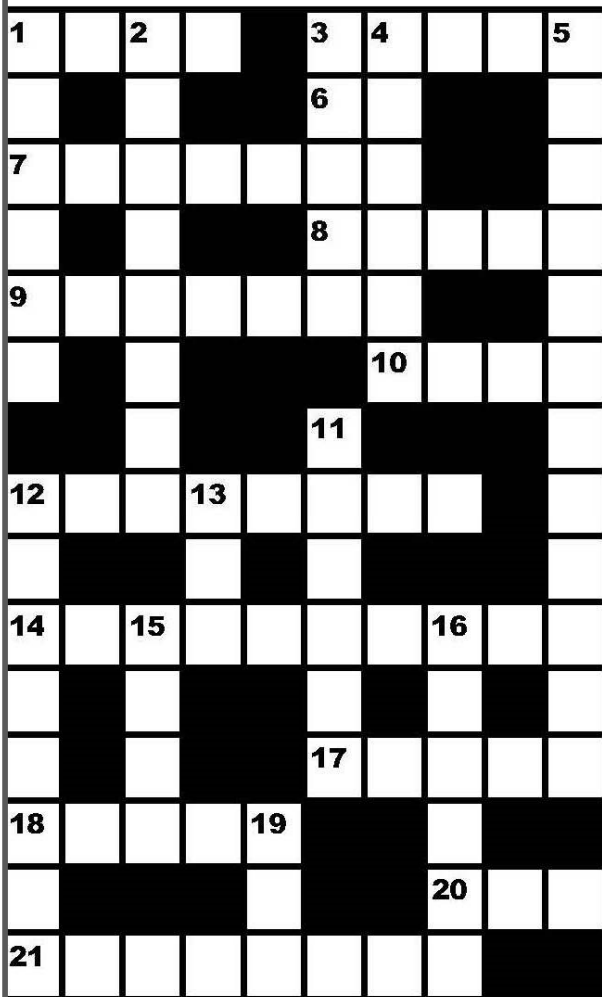
4-10-87, Shri Rama Puja, Switzerland



####

Cover illustration
by the editor

Crossword- Akashwani Diwali 2016. *Solution on page 97*



Across

1. Game Yudhisthira lost. (4)
3. Bharatnatyam or Kuchipudi. (5)
6. Bija mantra of fire. (2)
7. 'After the rain cometh the fair.....' Aesop. (7)
8. The Spirit. (5)
9. Shakti of Shri Vishnu. (7)
10. Puja attire for ladies. (4)
12. 'He makes me to lie down in green ' Psalm 23. (8)
14. 'May protect my windpipe'. Devi Kavach. (10)
17. Ready to shoot (of a bow). (5)
18. Roman Aphrodite. (5)
20. Matrix hero. (3)
21. Rightful king of Shri Hanuman's tribe. (8)

Down

1. Festival of lights. (6)
2. Fire-..... (much used during 1 Down) (8)
3. 'I have a ' M.L.King Jr. (5)
4. Honourings by circling with a lamp. (6)
5. '..... of humanity' – Sahaja Yogi's job. (12)
11. 'In the'. Where Raja Janaka found Sita. (6)
12. The five husbands of Draupadi. (8)
13. Leaves a lot to be desired. (3)
15. Shri Durga's vahana. (4)
16. Anagram of 'Praana' (name of Parvati) (6)
19. 'Was blind but now I'. (3)

Ego

The Ego is, of course, the greatest source of humour, and an ability to laugh at our own stupidity is invaluable.

####

“A man was going up the stairs, and another one was coming downstairs. The one going up was a wise man and the one coming down was not a wise man.

So he tried to be aggressive, and he told him that ‘I will not move for you, because I don't move for fools.’ So the other one moved on one side and he said, ‘That’s alright, I do.’

Now, I will give an example how in nature you can find this very easily. See the root has a little root cap - it's a very, very small, minute thing; you have to see through the microscope. Now this root cap is a wise thing. It goes in the soil, it sees there are some stones, so it goes around the stones. Then it finds there are boulders. It goes around the boulders. ‘You are a boulder? All right, doesn't matter, I am not going to fight with you.’

And then he finds that he has tied up around these boulders to support the whole tree. This is the wisdom of a small little cell.”

12-10-83. Boston

Moral: Always let the person with the bigger Ego win an argument.

And again: ‘Two persons were going, one going up the staircase and another coming down. So the one who is going up in his ego, he says, ‘You’d better move; I don't move for fools.’ So the other one says, ‘But I do’, then he moved.

So this is the sign of a sensible, wise, self-respecting person - he doesn't go into fights, he doesn't go into unnecessary discussions and arguments and assertiveness; but when it comes to protecting the truth, he stands up and he can fight with a lot of courage for the truth. I think self-respect is the first beginning for Sahaja Yoga; is to develop self-respect in their inner being as well as in their manifestation.”

27-05-89, Istanbul

####

“The greatest miracle of this world is that everybody has to die and nobody remembers it. But another one, is that everybody is blessed by God but nobody knows it.” 01-11-82, UK

####

‘I feel my
Ego’s in
better shape
than most
people’s.’

####

Scramble!

Unscramble these jumbled words, one letter to each square, to form four ordinary words.

G E R N I C

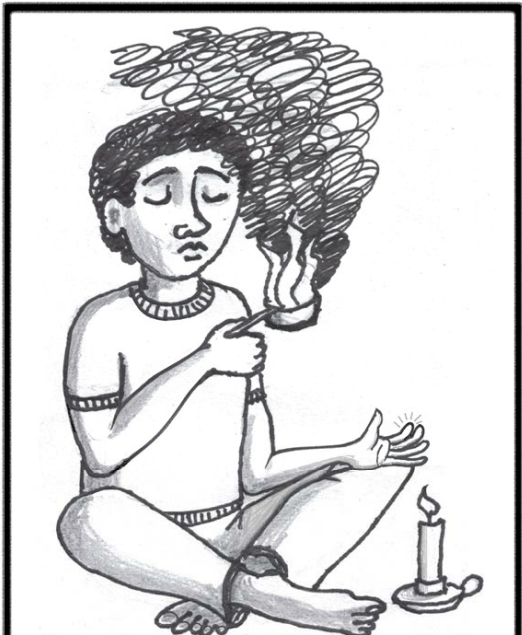
V E K A N

V O R N E P

G I H H E T

Now rearrange the circled letters to give the answer.

Answer on
page 97



HE FOUND THAT LIVING
 IN LONDON AND HAVING
 TO CLEAR HIS LEFT
 VISHUDDHI EVERY DAY
 WAS A ---- (4, 2, 3, 4)

####

I used to catch a lot on Left Vishuddhi and Ego, but now I've really cleared out my Left Vishuddhi.

####

“Ego makes a person stupid. There's a nice story written about this in the Ramayana, by Valmiki.

Nârada, once got into the realm of ego, and he started saying, ‘I am such a great celibate person. I have never married. Even Shiva had to marry. I'm such a great Bhramachari*.’ And, when he was walking on the road, he met two people who were sent by Shri Vishnu to befool this fellow.

So, these two persons started telling him, ‘You are such a handsome man; such a great person, greater than Shiva, greater than any of the Gods.’ So he became a greater fool. Ego, you see, swells up like this, starts floating in the air; it's like a plastic, you can't see the reality; you think no end of yourself.

Then they said, ‘We have come to tell you that there is a beautiful woman. She's the princess and her Swayamvara

* *Sage Nârada, a great devotee of Shri Vishnu, was performing Tapas – ‘penance’ which became so intense that the forest started to catch fire. The Gods were worried and sent a beautiful and seductive Apsaras – ‘heavenly maiden’ to tempt him and disturb his meditation; but Nârada was unmoved by her beautiful looks, her singing, dancing and ministrations, and finally she gave up. So he became very pleased with himself for his detachment and went about claiming to be greater than Lord Shiva, who, after all, had succumbed to love for Shri Pârvatī...*

-‘choosing a husband’ is going to be performed, for which you are the most suitable man, because she said she will marry the most handsome and the most intelligent, and you are the most intelligent and the most handsome man.’ So he said, ‘Where is the wedding?’ They said, ‘In Maya Nagari’ (Maya Nagari actually means a ‘City of Illusion’).

(Narada became enamoured of the beautiful princess, and prayed that he might have a ‘face like Hari (Shri Vishnu)’ to win her hand; however Hari –‘brown coloured’ also means a monkey!)

So they took him there, and he saw a big pandal, and every arrangement made, music was on, and all that. They all sat in line waiting for the princess, who came out with her garland, and she went round and she was very shy. And when she faced Narada she just laughed, she laughed aloud; not only giggled, but laughed; and then she went ahead.

So he asked them, ‘What's the matter?’ They said, ‘We don't know. She might come back. Let us wait. She must have been very happy to see such a handsome man.’ But she never came back.

So they went out and he wanted to wash his face in the lake. When he looked into the water, he was amazed he was looking like a monkey.

So he got very angry with these two persons, and He said, ‘Why did you befool me like this?’ They said, ‘Sir, we did not befool. You were sitting there, criticizing everybody, saying he's ugly, he's useless, he's good for nothing; while you were the one looking like a monkey. And even when we told you this is Maya Nagari you did not think that Maya Nagari's just an illusion; you

lived an illusion about yourself, and there was no princess. There was nothing, only your imagination created all those things.'

So this ego cannot give you anything but illusion and stupidity. Now this has to be understood very clearly, that you have to be prepared to face yourself."

Paris, 17-08-87

####

Rather dominating Yogi leading meditation:

'Let's put our right hand across the forehead and ask: 'Shri Mataji, please remove my ego'.'

Others: (with hands across foreheads) 'Shri Mataji, please remove his ego'.

####

"Somebody went to see the minister and the private secretary was there, attending to the people. He was getting very angry with them, so some villagers said to him, 'Who are you?' He said, 'Don't you know? I'm P.A.', 'Ah, Piye! (That means you are drunk *(in Marathi)*) All right, we have nothing to say.'

So, a person with ego behaves like a person who has ego, like a drunkard, or like a lunatic. Sometimes you have to meet them with a barge-pole."

21-03-96, Birthday Puja, Delhi

####

'I'm not caught up! It's him that's making me angry and upset'.

####

“There's a very great writer called as Princhan, he wrote about two Englishmen going on the road of Benares when they were hit by a lota – *‘water-pot’* that they use for their bathrooms. It fell on their feet - and he jokingly says on the feet where all the bureaucrats fall; means, all Indian bureaucrats used to fall at the feet of the English at that time.

Then the English looked at that thing and were very angry; immediately they took to law, ‘You have to come to the courts, you have to come to the police and we're going to report this has fallen there, it has hit us’.

So there was a clever man, he knew the English, the western mind, he said, ‘Sir, do you know this lota is very valuable.’ They said, ‘Why?’; ‘Because this one was used by Akbar the Great. So ancient it is.’ They said, ‘Really?’ ‘Yes it is and, you know, you just don't quarrel with them and ask them for this lota.’

And he told in Indian language to them that, ‘I've befooled this people, I've told them that this lota belonged to Akbar and you have to take this lota and use this lota to just to befool them.’

So then they asked, ‘But all right, we'll forgive you, we'll not take you to any courts or anything, but you just give us this lota.’

They said, ‘No, we can't.’

They said, ‘Why?’

‘Because it's such an antique piece, you see.’

In India you won't find anybody respecting antique pieces, especially in Benares; nobody bothers.

So they said, ‘Really?’

‘Yes, it belonged to Akbar and, you know, my forefathers worked with him, so he gave us this lota, we can't give you, we are sorry.’

‘No, no, no, no, please give us, and we'll not take you to the police. You charge us, whatever money, you charge us’.

So they paid one thousand rupees; this is equal now to one crore –‘*ten million*’, I think. These English paid them and bought that lota, which had nothing to do with Akbar or anyone.”

France, 08-07-90

####

A. You know, it seems that if people are brought up with too much discipline, it tends to develop the Ego.

B. But I was brought up with a lot of discipline and it hasn't done me any harm.

####

Person leading meditation: ‘Er, did we just say the Nirmala Chitta mantra twice or three times?’

####

Q. What's the difference between a new Sahaja Yogi and an old one?

A. The new Sahaja Yogi knows more.

‘I am not young enough to know everything’. Oscar Wilde

####

“So, stupid man is very big problem to the whole society though he never realises. He thinks: ‘I have managed the show, I am the most successful person.’ But when the history is over, people talk about him as the greatest stupid person ever born on this Earth.

Like one Mister Idi Amin who is supposed to be, now he is not there, but he was Prime Minister of Uganda. Now he was a real idiot. I mean, you could see the way he used to talk and all that, he was an idiot. And he said that, ‘The people of my country should be called from my name, because, you see, I am the one who represents this country.’

So somebody suggested that, ‘It is alright, but how should we call them? Like from Cyprus people are called as Cypriots. So if we call your name, it will become Idiots!’

So the people refused to accept this solution, though he was so dominating.”

09-02-83, India

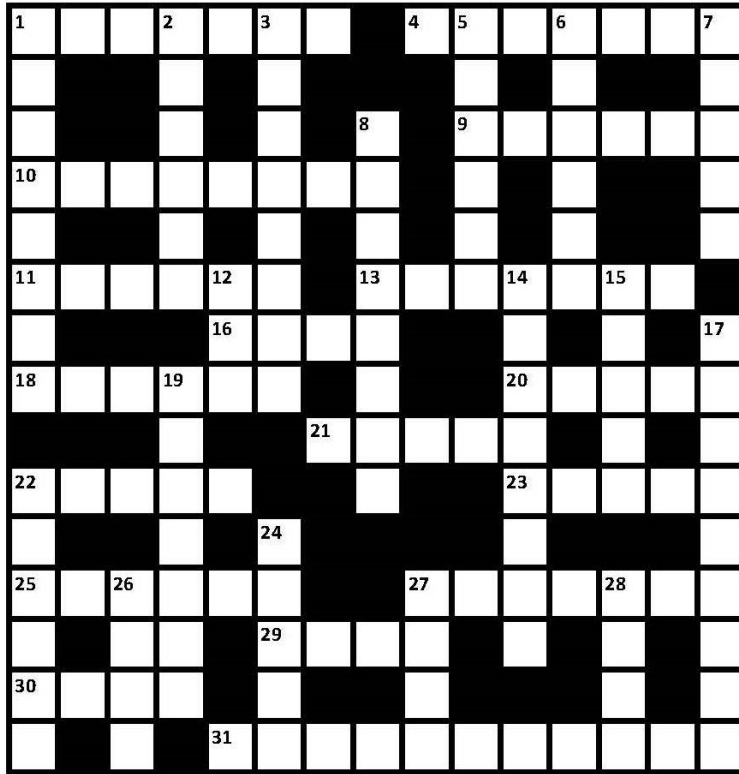
####

Once on India Tour, Shri Mataji was addressing the western Yogis. She mentioned that we should not drink too much tea, as in Maharashtra they make the tea very strong; She also mentioned that the Indians were very surprised when She had told them that the English drink more tea than water!

The English Yogis looked puzzled; ‘Well, that seems natural, as most English people don’t drink water at all!’. (cold place!)

####

Shri Mataji's 108 Names



Test your knowledge of Shri Mataji's 108 Names. The answers are all Sanskrit words or parts thereof taken from Shri Mataji's 108 Names.

Note: In Sanskrit, **v** and **w** are interchangeable and the answers in this crossword use only **v**.

Reference: SY Mantrabook on symb-ol.org.

Solution on Page 97

Across

1. Without attributes (7)
4. Established in Herself (7)
9. Vandaru-....-tsala (4-2)
10. Unborn (8)
11.-yoga-dayini (6)
13. Existence (7)
16. Dhira-sam-....-ita (4)
18. Nir-.....Un-transgressable (6)
20. Shobhana-su-.....-gati (5)
21.-rupini. Life-force (5)
22. Nira-..... Untroubled (5)
23.-tmika. Peaceful (5)
25. Nir-..... Unsupported (6)
27.-jana-vatsala (7)
29. Niran..... Unstained (4)
30. Niran..... Undifferentiated (4)
31. Without doubts (11)

Down

1. Indestructible (8)
2. Vishwa-..... Giving birth to the Universe (6)
3. Formless (8)
5. Victorious (6)
6.- karuna (6)
7. Nir-..... beyond harm (5)
8. Deep (8)
12. Shri Nirmala Devi ki! (3)
14. Playful (8)
15. Chandra -..... (5)
17. Great Object of Worship (9)
19. Nir-..... Without refuge (7)
22.-gamyā (6)
24. Maha-..... Great Empress (5)
26. Dharma-d..... (4)
27.-da. Giving boons (4)
28. 'Spirit'. Trigun-....(ik)... (4)

Leaders

‘Like some people they are travelling by plane, they were from villages they did not know what was a plane, they were told to take less luggage, because it should not be a weight for the plane, so they got into the plane and put all the luggage on their heads and they said that we are trying to reduce the weight of the plane, in the same way we are also doing, actually the All-pervading Power is doing everything but we think we are responsible.’

01-08-89, London

####

The biggest joke in Sahaja Yoga - ‘Leader’.

“It's the greatest myth ever going, is this leadership. There's nothing like leaders in Sahaja Yoga, it's just a joke. And your Mother is very good at playing serious jokes.”

France, 08-07-90

“Leadership is a joke, you see, and if you know it's a joke then only you'll work it out better.”

09-02-92, Ganesha Puja, Perth

Actually being a leader in Sahaja Yoga is a lousy job – you work really hard and in the end all you get is criticism!

The novelist Somerset Maugham (a writer recommended by Shri Mataji) was recruited into the British Secret Service after the First World War. The man who recruited him said:

‘If it goes well you won't get any praise and if it goes badly you won't get any help.’ – hmmm, sounds like being a leader in Sahaja Yoga.

####

At one time Shri Mataji used to ask a Swiss-Argentinian yogi to get up on stage before programs or Pujas and do his impersonations of the various Sahaja Yogis, leaders, etc. (and even some of Shri Mataji's family members!). One of the memorable skits was an impersonation of the Bolivian leader of Milan who had a rather gravelly voice:

(At a Sahaja Yoga program) Leader: 'OK, we have to concentrate on the quality seekers – like this one here, he is a quality seeker.'

Yogi: 'How do you know he's a quality seeker?'

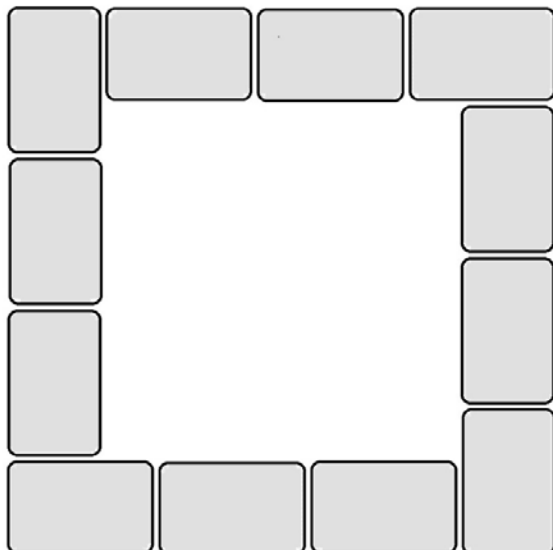
Leader: 'Because he arrived in a Mercedes Benz'.

####

Before Sahaja Yoga I was my own false guru. (K.F.)

####

It was always quite common to quip, if told that someone was 'having problems' with the leader; 'Well, he must be a good Yogi then!'.



####

Puzzle: Starting with twelve playing cards in a square, add four cards to create a Swastika. *Solution on p.97.*

####

Yogi to very busy Australian Sahaja Yoga leader; 'Hey Chris, how are you?'

Chris: 'Gosh, I'm completely exhausted and run off my feet. I need to find myself a meditation group or something!'

####

After meditating at one of the Ashta-vinayaka temples (Ganesha Swayambhu) in Maharashtra:

1st Yogi: Wow! The Kundalini was really pushing up hard when we were meditating.

2nd (famously head-strong) Yogi: 'Really? I only felt a really bad headache'.

####

Shri Mataji quotes from 'Three Men in a Boat', by Jerome K. Jerome:

'I read a book of Jerome... he had described that one fellow went to a doctor and said: 'Sir, I have all the diseases that are described in the Materia Medica except for one, that is the housewife's knee.' He said: 'How is it you don't have that?' He said: 'Because I am not a housewife.' So he said: 'How did you get all these diseases and how do you know?' He said: 'Because I read Materia Medica and I found all these diseases are with me.'

He said: 'Alright, I'll give a medicine but just now you don't take it you have to go out from here, about five miles and there you can take it.' So he took the medicine in a piece of paper; he went

there and he opened it one after another and he found no medicine. But the last paper was there, on that it was written: 'You stupid fool, don't read Materia Medica, nothing is wrong with you.'

Barcelona, 20-05-89.

Shri Mataji mentioned once that She and Her family used to enjoy sitting around together reading such humorous writings as the above and also mentions P.G. Wodehouse. If one of them came across a particularly funny passage the others would stop reading and listen to it being read out.

####

How many Sahaja Yogis does it take to change a light bulb?

Ans. Five... one to change the light bulb and the other four to give bandhans and say the mantra to Shri Hanuman.

(After an incident at Shudy Camps when we were clearing up after an international Diwali Puja. One Yogi was pushing a 'Porta-loo' (toilet on wheels) that was stuck in the mud while four others stood watching and giving bandhans. (and it did actually move!))

####

When staying at the Shudy Camps house near Cambridge Shri Mataji once commented that the cleaning compounds we used in Her bathroom were too strong and stung Her eyes.

'Use something milder like....sunlight ...with lemon', She said.

'Yes, Shri Mataji', we said, and wondered 'How does that work? Do we open the window to let the sunlight in and clean it with lemons?'

Later, still puzzled, one of the Yogis was standing at the kitchen sink doing the washing up and noticed that the washing up liquid was called 'Sunlight – with lemon'! This is what She meant!

Shri Mataji had never visited our kitchen or knew what kind of detergent we used and could only have seen the bottle of washing-up liquid in Her mind's eye.

####

Scramble!

Unscramble these jumbled words, one letter to each square, to form four ordinary words.

REVALT

MENLO

TIDEY

THLIGS

Now rearrange the circled letters to give the answer
 Answer on page 97

YOU NEED TO GET OUT OF YOUR TINY SHELL

I FEEL LIKE I'M JUST GOING ROUND AND ROUND IN CIRCLES, NOTHING EXCITES ME



THE PROTON TOLD THE ELECTRON NOT TO BE (2.8)



There's only one thing worse*.....

There's only one thing worse than being in the leader's bad books, and that's being in his (or her) good books.

####

There's only one thing worse than having a small ropey old television, and that's having a large shiny new one. (except to watch Shri Mataji's videos on, of course!)

(Assuming that watching TV is a terrible waste of time and a source of lots of unwanted images and ideas; and that having a better TV is more tempting)

####

There's only one thing worse than having a bad marriage, disrespectful kids and material insecurity, and that's having a good marriage, lovely kids and plenty of money (assuming that those things will dull the desire to detach and ascend).

"I hope you won't forget your Mother when you all become rich" Shri Mataji on leaving the Diwali Puja, Temple of All Faiths, Hampstead, 06-11-83.

** With respect to Oscar Wilde (a realised soul!) who once remarked, when informed that everyone was talking about his new play:*

'There's only one thing in life worse than being talked about, and that's not being talked about'.

####

Ashrams

Ashrams are another great source of humour. We can't be on our best behaviour all the time and eventually the cracks start to open up!

There are the little niggles like not finding the jam because one person thinks it should be kept in the fridge but others put it in the cupboard; or the person who throws away any left-overs while others feel that having last night's dinner for lunch the next day is the best thing.

Then there is the well-known lack of collective responsibility that comes with collective living - empty jam jars put back in the cupboard; cereal packets that don't get closed; the squishy mess that remains on the stairs for days; vacuum cleaners that never get emptied; freezers getting unplugged, etc., etc.

Of course the joy of collective living outweighs all these small niggles (once you've forgiven!).

####

Mister Nobody

There is a famous piece of humorous writing about four people – Anybody, Everybody, Somebody and Nobody - which goes:

‘There was an important job which Anybody could have done and Everybody was sure that Somebody would do, but Nobody did it. Somebody got angry because it was Anybody's job, but Nobody realized that Everybody wouldn't do it.

So in the end Everybody blamed Somebody when Nobody did what Anybody could have done'

(Everybody knows Somebody like this but Nobody wants to admit that that Somebody is them (although Anybody could) *(added by the editor)*)

At the Chelsham Road Ashram in London a piece of paper was kept on the notice board titled 'Mr. Nobody' and on it were written mysterious things which happened, but which, it seemed, nobody had done; the empty jam jars put back in the cupboard of course; putting the Sabatier chopping knives in the dishwasher so the handles cracked and fell off; turning the toaster dial up full so the next person burns their toast; putting washing powder in the fabric conditioner compartments of the washing machine (so the clothes come out soapy); 'tidying up' the meditation room by putting the Tulsi (Sacred Basil) plant, which had been brought back with loving care from India, outside in the garden in the middle of winter where the frost killed it; balancing an open pot of cream on top of two packets of spinach in the fridge so that it falls over and spills all over the vegetables; storing all the altar cloths at the bottom of a box so no-one could find them, putting the carpet Shri Mataji had given the ashram in the basement where it got damp and started to rot, or.....

Eventually someone took the notice down on the grounds that it wasn't really fair to Mr. Nobody – after all he was a busy chap like all of us - had a lot of things to do, plenty of worries and he couldn't help it if he made a few mistakes occasionally!

####

You are probably familiar with the joke about a vacuum flask 'keeping hot things hot and cold things cold'. (In the Irish version Paddy buys one and, when asked what he has in his new flask, he replies 'Two cups of coffee and a choc-ice'.)

We had a similar situation with Mr Nobody concerning cake/biscuit tins which 'keep biscuits dry and cakes moist'. So we would sometimes find a dried up piece of fruit-cake in with the now-soggy ginger biscuits.

####

In 1984, Shri Mataji bought a new upright Hoover for the ashram in London and two months later there was a puff of smoke and it stopped working. On taking it apart it was found that it was solid dirt and dust from the front brushes, through all the pipe-work, the dust bag and right into the motor!! It had not been emptied once since it was bought.

Actually this isn't a joke, it's really sad.

####

Once, after using the frying pan, Mr Nobody put a squirt of washing-up liquid into it and left it on the stove. A bit later another inmate, thinking it was oil, started frying two eggs in it before noticing the funny smell and the odd way the 'oil' was bubbling up!

####

One day Mr Nobody, in a fit of most unusual enthusiasm, decided to empty the vacuum cleaner. However this act of altruism was not well received when it was discovered that not only was the paper bag was

not replaced but the plastic frame that held the dust bag in place was missing, making it impossible to install a new bag!

Fortunately, another inmate went and dug through the dustbin and found the frame before the dustmen removed it.

####

On the subject of Mr Nobody and vacuum cleaners....

The meditation room had an open fireplace and we used to have a small fire in morning meditation which was both warming and clearing.

In another fit of unwonted (and perhaps unwanted) enthusiasm Mr Nobody was vacuuming the meditation room one day and decided to clear the ashes in the fireplace the easy way – by sucking them up! Being unfamiliar with open fires he did not know that embers can continue to smoulder under the ashes for up to twenty-four hours.

After about half an hour the meditation room started to fill with a smell of burning plastic and we noticed smoke seeping out of the back of the hoover sitting in the corner.

However in spite of being well melted and quite deformed inside, the vacuum cleaner continued to work for many months!

####

Another vacuuming incident occurred at Shri Mataji's house in Brompton Square around 1985:-

One way to remove a stain on a carpet is to rub a little water into it and Hoover it up. A young and rather inexperienced yogi working in the house spilled some oil-based paint on the carpet and thought that he would try the idea but using white spirit (paint thinner) instead of

water. All went well until he switched off the Hoover for a few seconds and then turned it on again. The spark of the switch ignited the highly inflammable spirit fumes which now filled the machine and a two-foot long flame shot out the back of it, burning the unfortunate young man's leg.

In a state of shock he was taken into the kitchen to see Shri Mataji, who got some cream and was rubbing it into his leg, with his foot resting on her knee.

'I feel very strange' he said. Shri Mataji nodded and replied:

'The Deities are not happy, as I should not be touching your feet'.

####

One Ashram inmate doing the washing up to another who is passing by:- 'Do you ever feel that you're the only person who ever scrubs the underneath of the tea mugs?'

Second inmate:- 'No, I can't say that I do.'

First inmate:- 'Oh well, perhaps I am the only one who ever does it.'

####

In the early eighties Shri Mataji asked the English to get up at 4 o'clock for meditation (presumably to help fight the Left Side pull). She also asked the Sahaja Yogis to stay awake one night a week – Her suggestion was Sunday but when everyone protested that they had to go to work on Monday She allowed Saturday.

So in the Queen's Park ashram in the early eighties we got up every day at 4 o'clock. One ashram member used to prop himself against the side of the fireplace and his chin would descend to his chest.

However he always maintained that he was not sleeping and knew exactly what was going on.

We often did a small Puja, washing Shri Mataji's Feet and when it was his turn someone would give him a nudge and he would spring forward to wash Shri Mataji's Feet.

One morning (when we weren't doing Puja) he was snoring a bit with his chin on his chest so someone nudged him. He immediately sprang forward with his hands ready to wash the Photo, only to discover that we were all sitting quietly in meditation.....

However he was undaunted and still maintained that he was not asleep and knew exactly what was going on!

####

Q. How many Sahaja Yogis in an ashram does it take to change a light bulb?

Ans. What?! A Sahaja Yogi in an ashram change a light bulb?!?!?

(My favourite light-bulb joke is –

Q. How many Psychoanalysts does it take to change a light bulb?

Ans. Only one, but the light bulb has to really want to change.)

####

Sahaja Yogini in the ashram to two foreign Yogis who have just arrived from the airport:

'Sorry, I haven't got time to make you a cup of tea or anything to eat – we're preparing for a Gruha-lakshmi Puja'. (true story!)

####

A Yogi living in an ashram in London was once asked; ‘How many Lakshmis are there in the Ashram?’ (‘Lakshmi’ is an Indian way of saying ‘married women’ or women in general)

As one of the ladies in the Ashram enjoyed singing and playing music much more than cooking and cleaning (and was once reported to have asked a visitor if they would like a cup of tea and when they replied in the affirmative said; ‘Oh good, can you make me one too?’) he replied:

‘I think you can say we have two Lakshmis and one Saraswati’.

(T.B.)

####

An Indian lady in the UK ashram (wife of the ‘leader’) used to feel offended if people suggested saying the Gruha-lakshmi Mantra in meditation and would not join in (presumably as she felt a Left Nabhi catch reflected on her as the main married woman of the household); and on one occasion actually got up and left the room when someone suggested saying it!*

Unfortunately Left Nabhi is one of the strongest catches in UK! (and definitely not the fault of the Indian ladies)

**In India a married lady is called a Gruha-lakshmi – ‘Goddess of the House’*

####

Overseas visitors to the Chelsham Road ashram would often give a box of chocolates as a token of thanks; however most of the ashramites avoided chocolate in deference to their livers! So we ended up with a kitchen cupboard full of chocolate boxes.

One day a visitor opened the cupboard and gasped: ‘Wow, you guys eat a lot of chocolate!’

It was gently explained to him that the reason we had a cupboard full of chocolates was precisely the opposite – because we didn’t eat it at all!

####

Visitor to the ashram, after morning meditation: ‘Wow! The vibrations were amazing this morning!’

Inmate: ‘Really?’

Visitor: ‘Didn’t you feel it?’

Inmate: ‘What, you mean the Kundalini pushing up strongly, rocketing out of the top of your head and drenching your whole being in bliss?’

Visitor: ‘Yes, like that.’

Inmate: ‘Oh, that’s normal round here.’

####

One of the first ashrams was in Finchley in North London. An Indian man who was a devotee of Shri Mataji had a flat over his shop and Shri Mataji persuaded him, rather against his better judgement, to rent it to the early Sahaja Yogis.

The day they moved in, the Yogis decided to clear the vibrations by burning camphor and went around the whole flat with a large camphor burner producing clouds of thick black smoke. At the same time someone put a frying pan with oil on the cooker and forgot about it. After some time the oil caught fire and the four-foot high flames were seen by a neighbour who called the fire brigade. By the time the fire brigade arrived the fire was out but the flat was still filled

with clouds of black smoke when the door-bell rang, and, in spite of assurances that there was no problem, the fire-men insisted on coming in to check that the fire was out and everything was safe.

At this moment the Indian landlord dropped by to see if his new tenants needed anything; only to find a large red fire-engine outside with flashing lights, smoke pouring from every doorway and window and uniformed firemen clomping through the flat in their large boots! He was eventually mollified and the ashram kept going for a year and a half before they moved to larger premises.

####

In the early days Sahaja Yogis could be quite extreme in their desire to get away from their previous lifestyle and influences. In Dollis Hill Ashram around 1979 the leader recommended people not to answer the phone as one could be attacked by bhoots*, and not to go to work as that was a sure-fire way of getting caught up!

They were very keen on liver diet and used to eat cornflakes with water; so coffee was a definite no-no. One day an august person from Australia was staying in the ashram and was making himself some filter coffee. The ashram leader unceremoniously came in and poured the coffee down the sink!

Not too much was said but later that day they went to visit Shri Mataji who served them all coffee as a special treat!

####

* A 'bhoot' is a disembodied spirit.

It is said that one should not look inside a Matkar¹ as one might reabsorb some of the negativity (or the bhoots² might jump out at you!)

Around the kitchen table in the ashram, a visitor asks: 'I'm in the middle of doing a Matkar treatment, but I have to go to New York for business. Is it OK if I take it with me?'

The matter is discussed: 'But what happens when you get to customs. The customs man will ask 'Excuse me, sir, what's inside the bag, can you open it please?' You'll have to say: 'No....

'DON'T LOOK INSIDE THE BAG!!!' chimed thee voices in unison.

¹ A Matkar is a clay pot containing lemons and chillies for absorbing negativity. It is usually kept for seven nights and then thrown in the river or buried. In the west people often use plastic bags instead of clay pots.

² Bhoot or Bhūta is a Sanskrit/Hindi word meaning 'a creature, spirit, existence, the past' and is used to mean a disembodied spirit which possesses someone.

####

(At an ashram meeting to discuss housework)

1st inmate:- My job is cleaning the shower.

2nd inmate:- But the shower never gets dirty.

1st inmate:- Well, I'll take that as a compliment then.

####

For the Diwali Puja at Shudy Camps in 1989, we realised that we could construct a temporary and re-usable building for the same cost as hiring a marquee for the weekend. So we made six laminated wooden hoops 18 metres across which were fixed with steel cables and the whole thing was covered with tarpaulins.

Actually we never reused the building in UK but, on Shri Mataji's instructions, it was all shipped in a large truck taking building materials to Cabella when it started and all the parts were useful in the early days. The hoops now form the (very solid) base of the stage!

Unfortunately we could not source the heaters we wanted and had to use fan-assisted gas heaters which created a lot of moisture in the air. Although the weather was fine, it was November and very cold and this resulted in condensation dripping from the roof especially at the end where the stage was! So we had to erect a canopy over Shri Mataji's chair and the stage to keep the drips off.

Shri Mataji liked the 'tent' but commented that: 'Only the English could make a building where it rains on the inside!'

####

When work was going on at the Palazzo in Cabella in 1992, a group of Swiss Yogis would motor down every weekend to help. They used to bring a large and powerful Makita jack-hammer. Many of them were married to Indian ladies and, standing around in a group, would quip that: 'He is married to Sunita, and he is married to Anita; he is married to Sushmita - and he (pointing to the guy holding the jack-hammer) is married to Makita!'

Forgiving

SY to another who is getting upset at a particularly difficult member of the ashram (Swiss architect!)-

‘You should forgive him’.

K.F.: ‘Yes, yes, I’ll forgive him, but let me kill him first!’

####

Similar situation to the previous incident..... (in London this time)

C.M. ‘You should surrender it to Shri Mataji. You know, if you forgive, then it mobilises the Ekadasha Rudra power.’

J.B. ‘Yeah, good idea, I’ll forgive him and then he’ll really get it!’

####

‘Always forgive your enemies; nothing annoys them so much.’

Oscar Wilde

####

A person with a good Āgñyā Chakra never forgives.

(What is there to forgive?)

“Once Buddha was giving a lecture in a village and suddenly somebody came in and started abusing him, saying all kinds of things. Then somebody told him, “What are you doing? He is Buddha, the one who's enlightened. He's trying to help us to be good and you came and shouted at Him.” So he was repentant. He went to see Buddha, but Buddha had gone to another village so he went to another village second day and he went and fell

at the feet of Lord Buddha. Lord Buddha said, "What's the matter? Why are you falling at My Feet?" He said, "Sir, I must say that I was really, I didn't know you were the Enlightened One. I just shouted at you, said things. I don't know what happened to me, so please forgive me." He said, "When did you say this to Me?" "Yesterday." "Where?" In such place.

He said, "Yesterday's finished now. What is there to forgive?" Now he came begging on his forgiveness, repenting. Immediately He said 'yesterday is over'. That is one of the greatest qualities Sahaja Yogis should have."

24-07-94, Guru Puja, Cabella

Scramble!

Unscramble these jumbled words, one letter to each square, to form four ordinary words.

H O L O C S

O

O

D O F R E K

O

O

O

T H I N K G

O

O

O

N O R M A C Y

O

O

Now rearrange the circled letters to give the answer.

Answer on page 97

We should give him a decoration for his Sahasrara

Good idea



HE SPENT SO MUCH TIME WITH HIS FEET IN A BOWL OF SALTY WATER THEY SAID HE WAS ----

O

O

O

O

O

O

O

O

—

O

O

O

O

Rules in Sahaja Yoga

*There's really only one rule in Sahaja Yoga – you have to meditate!
(otherwise you're not in Sahaja Yoga) (and you have to wear a vest).*

However human beings are incorrigible.....

####

Wearing socks¹ is not allowed while foot-soaking.

This was an attempt at humour with a rather fanatical young man (no longer in Sahaja Yoga!) who insisted that we should not wear socks while meditating on the grounds that it stopped us clearing out through our feet. He may have had a point but we were meditating at 4 a.m. during a very cold winter in a draughty London house and needed every stitch we could wear to keep warm!

¹ *However there is a story from Russia of a Yogi who came home from a very hard day at work and was desperate to get his feet into a bowl of warm salty water. Feeling some relief after a few minutes of foot-soaking, he looked down at the bowl and was shocked to see the water all cloudy and his feet had turned black! 'Oh my God, what kind of negativity is this?' he thought before realising he had forgotten to remove his socks.*

There are also stories of materials other than salt going in the bowl. A visitor to a Russian ashram was found to be using the big-crystal sugar in the kitchen thinking it was rock salt (but it still worked fine!).

A rather dreamy young Yogi in Hounslow ashram, where the washing machine was in the bathroom and the footsoak salt and washing powder were kept in similar white containers, was seen pouring a

bowl of frothy water down the toilet, mumbling ‘God, that’s the third time this week I’ve put washing powder in my foot-soak!’

####

Watching TV while foot-soaking is not recommended.

However foot-soaking while you watch TV can be a good idea.

####

It is recommended to meditate for twenty minutes every day, but if you are too busy to do that, then better meditate for one hour.

(Alternatively: ‘if you are rushed off your feet and don’t know how you can possibly get done all the things you have to do, then it’s time to take a day off’)

####

At a Havan in London, negativity is being offered to the fire:

Yogi 1. ‘All the negativity of fanaticism in Sahaja Yoga in England’

Yogi 2. ‘All the negativity of lack of fanaticism in Sahaja Yoga in England’

(Shri Mataji often commented on how half-baked and ‘by-the-way’ the English Sahaja Yogis are. Fanaticism, after all, is in the eye of the beholder *(well, maybe not entirely as genuine fanaticism will catch on Void)* – an English Sahaja Yogi told me that he had been deemed fanatical by the members of the Canadian ashram he stayed in because he got up at 6.00 am every day for meditation and foot-soaked every evening! *(that’s the kind of fanaticism we need!)*

“But some people do get little more fanatic because they are so attached, doesn’t matter, you’ll come round. But is better to be fanatic than to be doubting. So those people who do things little over, should commit to a life that whatever they see, whatever they understand in Sahaja Yoga, whatever happens, they will accept it without any anxiety about it.”

31-05-85, San Diego

Vishuddhi Word Search											
C	A	R	G	S	D	E	V	A	K	I	E
O	K	L	A	L	I	T	A	N	Y	J	T
L	A	R	G	H	E	E	S	A	E	H	H
L	S	N	I	F	H	N	U	N	S	V	E
E	H	V	I	S	H	U	D	D	H	I	R
C	A	I	I	R	H	Y	E	A	O	S	B
T	R	T	G	R	U	N	V	A	D	H	U
I	A	T	O	O	A	D	A	V	A	N	T
V	D	H	H	J	P	T	D	I	R	U	T
E	H	A	K	A	L	I	A	H	C	M	E
B	A	L	A	R	A	M	A	K	A	A	R
P	R	A	D	Y	U	M	N	A	T	Y	B
A	R	U	K	M	I	N	I	U	V	A	C

Find 22 words connected with **Shri Krishna** and the **Viśhuddhi Chakra**, written horizontally, vertically or diagonally but not backwards (*ie. written L to R or top to bottom*).

To make it easier a list of the hidden words is given on page 45.

Solution on p.97.

Marriage

*Sahaj Marriages are for our ascent
– especially with all the cultural differences!*

####

Frustrated Sahaja Yogini: 'Shri Mataji, I want a divorce from my husband.'

Shri Mataji : 'Why?'

Sahaja Yogini: 'He's always out working and I only see him for about half an hour a day.'

Shri Mataji; 'But if you divorce him, you won't see him at all.'

####

"It is a fashion nowadays to show the knees - I can't understand the logic behind it. What is in the knees? At first, I never understood it, and now I have understood that they want to attract men! If men are attracted by your knees, what sort of men they must be?"

8-10-2000, Cabella

####

'My wife and I share the decision-making. She makes all the small day-to-day decisions and I make the big important ones. Luckily we haven't had to make any big important decisions yet.' (P.C.)

###

###

(This is about twenty-five years ago before India became so tech-savvy)

American Yogi whose Indian wife has been over in Los Angeles for a few months:

‘You know, it’s funny, when my wife came to LA she couldn’t get the hang of dishwashers, washing machines, vacuum cleaners and stuff, but when I showed her how to put a card in an ATM machine and money came out, she got it in about two minutes.’

####

On a bus from Ganapatipule to Kalwa for the New Year’s Puja a young Australian Yogi was sitting with his very shy Maharashtrian bride of two days. He turns to Dr. Mathur (an old Sahaja Yogi who edited the original Nirmala Yoga magazines) and said woefully:

‘Doctor, what can I do? She won’t say a word to me’.

‘Don’t worry’, said Dr. Mathur, ‘after one year, you’ll be wishing it was like this again’.

(Actually this was a pretty astute assessment; it did normally take about a year before the Indian ladies became really acclimatised, relaxed and chatty in the West – usually after they had taken a trip back to India and realised that things weren’t quite as perfect as they remembered and the West had some benefits)

####

***‘Women marry men hoping they are going to change;
Men marry women hoping that they are not;
So ultimately, they are both disappointed’. Albert Einstein***

####

A Yogini went to see Shri Mataji to ask Her what she could do as she and her husband were always arguing. Shri Mataji asked the lady to bring her a bottle of water. Shri Mataji blew into the mouth of the bottle for some time and then handed it to the lady with the following advice:-

'Whenever your husband starts arguing take a sip of this water and keep it in your mouth for ten minutes'. (P.S.)

####

A. *'Oh, no, my name got announced for marriage in Cabella.'*

B. 'What's the problem?'

A. 'I'd just got really surrendered to getting married in India!'

####

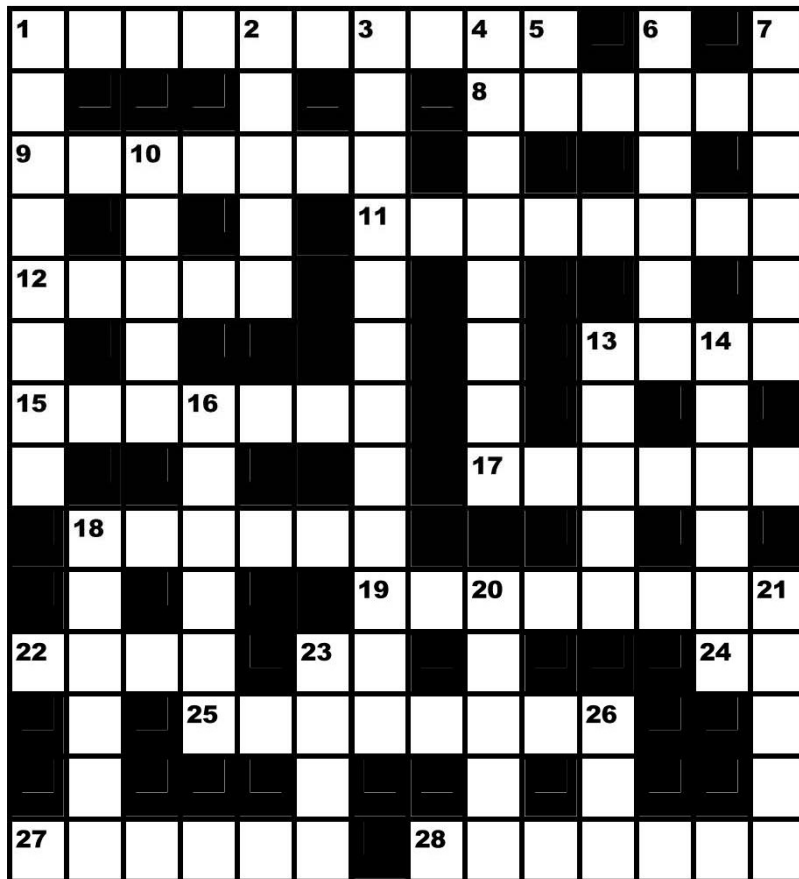
Wife: You know, I am a bit upset that you didn't ask me before going ahead with buying that derelict cottage in Scotland.

Husband: Really? What would you have said?

Wife: Well, actually, I would have said ‘no’.

Husband: But then you would've been even more upset when I went ahead and bought it!

####



Across

1. The language of the Deities. (10)
8. The Body. The Subtle Body or soul. (4)
9. 'Source of bliss' (name of Shri Shiva). (7)
11. 'The love of heaven makes one'
(Shakespeare). (8)
12. Ceremony before marriages. (5)
13. Animal in Shri Rama's army. (4)
15. Language stone. (7)
17. Power to become small. (9)
18. Jewish bread rolls – 'the circle of life'. (6)
19. Jewish Festival of Light. (8)
22. Yin-female, yang-..... (4)
23. Jay Mataji! (abbr.) (2)
24. Egyptian Sun-God. (2)
25. Given stripes on its back by Shri Rama. (8)
27. Knotty treatment. (6)
28. 'I bow to all the of Truth'. (7)

Crossword-

Akashwani no 6.

Krishna/Ganesha 2016.

Solution on page 97

Down

1. Day for burning
Ravana. (8)
2. Chakra whose element
is water. (5)
3. Housewife. (8)
4. Epic involving a
kidnapping. (5)
5. 'Life beautiful'. (2)
6. Siddhartha was born
one. (6)
7. Rakshasagani – '.....
of demons'. (6)
9. The world on his
shoulders. (5)
12. Shri Vitthala stands on
one. (5)
13. Incarnation. (6)
15. Aquilae (Latin).
Symbols of Rome. (5)
17. India's real name. (6)
19. Mythology with Odin
and Thor. (5)
20. 'Your will speak'.
23. Carl Gustav
(psychologist) (4)
25. Tri-...'esha – 'Lord of
the Three Worlds' (3)

Mottoes

Procrastinator's Motto:

Never put off till tomorrow what you can put off till the day after tomorrow.

ISPS Procrastinator's Motto:

Never put off till tomorrow what you can put off till next year. (*Voice of experience!*)

####

Thinker's Motto:

Why make things simple when, with a bit of thought, you can make them really complicated.

####

Free-thinker's Motto:

The first rule in life: never believe anything anyone ever tells you (until you've checked it). (*not really a joke, but very useful, especially in India!*)

####

Gourmand's Motto:

I'm not fussy, as long as I get what I like.

####

- A. Do you find putting ghee up your nose helps your discrimination?
- B. I can't really tell.

####

####

On an India tour a Swiss Sahaja Yogi was interested to learn about cricket; a game the Indians are very keen on (there was a test match between England and India which the Indians were all listening to on the radio); so he asked an English Yogi. It was explained to him about bats, balls, stumps, runs and wickets.

‘So how long does a game take?’ he asked.

‘Well, a full game is.. er.. five days’

The Swiss Yogi’s jaw dropped: ‘What?! They spend five whole days standing around in a field throwing a ball at each other!?!’

(The English have a knack for inventing well-balanced games – take football, for example, where after an hour and a half’s hard play the score can often be zero-zero! When America (whose sports have scores like 52-73) first took to ‘Soccer’, as they call it (‘Football’ in America being a game where you don’t kick the ball much but run with it in your hands and throw it to each other!) they asked if they could make the goals bigger, so there would be more scoring.

####

Hidden words in the **VISHUDDHI WORD SEARCH** on page 35:-
VISHUDDHI, RADHA, KRISHNA, VIRATA, VISHNUMAYA, YESHODA,
VITTHALA, RUKMINI, VASUDEVA, DEVAKI, BALARAMA,
ANIRUDDHA, PRADYUMNA, LALITA, AKASHA, ETHER, KALIA,
BUTTER, GHEE, GOPI, COLLECTIVE, ANANDA. (22 words)

Heaven and Hell

A man died and went to Heaven. When he got to the Pearly Gates he asked whether, just out of interest, he could see the two places before making a decision. So Saint Peter took him down to the 'Other Place' which was a large banqueting hall full of people with delicious food on the tables. However the people could only eat with the metre long spoons fixed to their hands which were so long that, try as they might, they could not get any of the food into their mouths, so they were all in an agony of hunger and frustration.

'OK', he said, 'now show me Heaven'. They went up to Heaven which was another banqueting hall which looked exactly the same with the food and the metre long spoons fixed to people's hands, but the people were politely and gently feeding each other and enjoying the collectivity!

####

Heaven is a place where the policemen are English, the cooks are French, the car mechanics are German, the lovers are Italian and the whole thing is organised by the Swiss.

Hell is a place where the cooks are English, the car mechanics are French, the policemen are German, the lovers are Swiss and the whole thing is organised by the Italians.

####

Alternatively:

Heaven is having an English home, an Indian wife, a Chinese cook and an American income.

Hell is having an English cook, an Indian salary, a Chinese house and an American wife!

“But if you eat English food you can become quite good (detached) because there's no taste in English food.”

Guru Puja, France, 08-07-90

####

A man died and went to heaven. When he got there it looked pretty boring – all flat and white, with everyone sitting around quietly, nobody saying anything and nothing happening. So he asked St.Peter if he could have a look at Hell. St.Peter took him down and they entered a pub with loud music playing, full of people laughing, talking and singing.

‘This looks much better’ said the man ‘I think I’ll stay here’

‘OK, as you like’ and St.Peter left.

Ten minutes later some devils with red skin and pointy tails came and dragged him out through a door and threw him into a pit with other people screaming and sobbing. The floor was red-hot, the air choking with sulphur fumes and the devils kept stabbing him with their tridents.

‘What’s going on? What is this place?’ he asked

‘This is Hell’ they replied.

‘But what about the pub full of people enjoying themselves?’

‘That’s just the Publicity Department’.

Told by Shri Mataji to illustrate that we are seduced by our ideas of what is enjoyable....

“There was a gentleman who was a very good man and a very great seeker and he went to Heaven because he died. He was a good man so God gave him a key to Heaven, but he said, 'What, here the people are so sober, enjoying themselves, they are in complete joy, but there is no fun, I didn't have any fun before this.'

So they said alright you go to Hell and see for yourself and if you choose Hell you can go to Hell, so he came in and he found all kinds of funny things happening. Ego being pampered, go ahead, go ahead, do like this, very good for you, come along, be more fast, you must kill your ego, you must kill your super-ego, this and that and he says very good idea, you see it's such an ego pampering thing that he liked the place; so the people who are doing that said, 'What are you doing here?' He said, 'I have come to Hell.' 'This is not Hell.' 'Where is it?', 'Peep out from there.' He started seeing from different peep holes, and he was amazed. People were put into burning fire, some were in the boiling oil and all sorts of things, he got the shock of his life. He says, 'What's that!' He turned around and said, 'Is that Hell?' They said 'That's it.'

Then he said, 'What are you doing here?'

They said, 'We are the publicity department!'

That's what they are! Don't listen to them. You will develop cancers, you will go mad, you will have all kinds of problems. You'll be broke.”

Sydney, 23-03-81

####

Demonocracy

“... But now-a-days everybody has become that king, you see. They all are Henry the Eighth now-a-days. In a democracy, everybody has become a demon. The reason is demon-ocracy; not democracy but demon-ocracy. Because everybody is equal to a king. What’s wrong? What’s wrong with us? We are great. If he’s a king, I’m also a king.”
Sydney, 25-03-81

####

Before Sahaja Yoga I was always quite happy being depressed.

####

Q. How many Sahaja Yogis does it take to change a light bulb?

A. None, they let Mother do it.

####

‘There are two tragedies in life: one is not getting what you want and the other is getting it.’
Oscar Wilde

####

A. What did Shri Mataji say in Her talk?

B. She said we should introspect ourselves and not criticise others.

A. Yeah, I can think of a few people who need to do that!

####

ADI GURU WORD SEARCH

Find these words vertically, horizontally, diagonally, forwards or backwards

A	D	I	K	C	O	D	H	A	R	M	A	I	D	A	Y
P	R	A	T	O	A	N	A	L	E	C	T	S	A	M	G
H	D	T	H	N	R	E	S	T	O	A	L	L	T	A	N
I	D	A	S	F	E	A	R	E	T	S	A	M	T	H	I
L	Y	H	G	U	R	U	N	A	N	A	K	M	A	A	H
O	A	M	I	C	H	I	N	G	B	I	T	O	T	R	C
S	H	O	M	I	A	T	S	E	V	A	D	R	R	B	E
O	W	S	T	U	O	S	A	I	B	A	B	A	E	A	T
P	E	E	E	S	E	T	A	R	C	O	S	I	Y	Y	O
H	H	S	E	S	E	R	A	J	A	J	A	N	A	K	A
Y	D	H	A	R	O	T	Z	A	D	Z	A	M	R	S	T
U	R	U	G	D	E	M	M	A	H	O	M	A	L	S	I

DATTATREYA (x2)

RAJA JANAKA

ZARATHUSTRA

ABRAHAM

MOSES (x2)

CONFUCIUS

LAO TSE (x2)

SOCRATES

MOHAMMED

GURU NANAK

SAI BABA (x2)

plus: OKRA, YAHOO, GRETA

ADI (x5) GURU

DHARMA

AVESTA

MAZDA

YAHWEH

TORAH

ANALECTS

I CHING

TAO TE CHING

PHILOSOPHY

KORAN

MASTER

ISLAM

Answer on
page 97.

Religion

When it comes to religion, human beings seem to become particularly brainless – apart from atheists who are too brain-ful! Imagine being Shri Mataji coming on this Earth, being faced with all the religions and trying to work out how to give people Self-realisation and first-hand experience of the Divine!

“We were having a dinner party, and there was an ambassador, sitting next to Me and he said, ‘Why do you like Jung, because he talks of the old things? And why are you against Freud, who has given us something new?’

But I just told him in a joke:

‘All right; anything new, we should try? All right, we have never eaten this table, dinner table, let us eat the table, not the food.’

Spirituality has grown from the seed today to this flower state; in this living process you cannot just have a flower from somewhere hanging in the air, it has to be on the tree, it must have a basis.”

Vienna, 09-07-86

####

One day six blind people decided to go and visit a creature called an elephant which they had heard of. When they got there they went inside the cage and felt the elephant.

When they got home they discussed the experience.

1st person (who had felt the leg): ‘So now we know what an elephant is like – it is like a big hairy tree-trunk.’

2nd person, who had felt the tusk: ‘No, no, it is very hard, round and smooth coming to a sharp point.’

3rd person, who felt the tail: ‘What nonsense, an elephant is a swinging rope with a hairy tuft on the end!’

4th person, who felt the trunk: ‘You’re right, it is like a swinging rope but not hairy on the end, more kind of soft and sniffy with holes in.’

5th person, who had felt the belly: ‘You’re all wrong, an elephant is like a giant balloon in the air but very solid.’

6th person who felt the ear; ‘Ha, let me tell you the truth – an elephant is like a big fan and you can feel the breeze coming from it.’

And they all got to arguing and fighting.....

Moral: How, when there is only one God, do all the religions and even branches of the same religion manage to fight, argue and kill each other?

“So knowledge can be only known through the Spirit and that is why we have to be the Spirit. Before that, it is darkness, like the story of the elephant, everybody reaches some mental conclusions; like, there were some blind people and they wanted to feel the elephant.

So somebody felt the leg and he said the elephant is like a big pillar. Another quarrelled with him – he said no, when he felt the tail, it is like a rope. And somebody felt his ears – he said no, it is like a fan. And they were all fighting with each other, thinking that they were absolutely correct. But when their eyes will open they’ll say that everything is correct and elephant is something different.”

Rome, 09-09-83

‘Now you might say that, ‘Why Moses didn't talk about it, or Abraham didn't talk about it?’ Because their job was, you see, they are all connected with each other, only we are fighting, they are not, they are all together. But the trouble is when people do not have eyes to see, one might say, ‘The elephant is just a tail,’ or somebody might say that, ‘It's just the leg,’ but they are all one together”.

Jung Society, New York, 16-09-83

####

There were some mice who lived inside a piano. Every evening music would fill the air and they would listen enraptured. The older mice spoke of the legend that the music emanated from ‘The Creator’ - this huge mythical creature who had made the piano and played the music.

One day some rather over-intelligent mice went exploring. When they returned they called all the mice together and announced:

‘Friends, today we have discovered where the music comes from – it is no mystery. It is caused by these felt-headed hammers which strike enormous metal ropes. The ropes vibrate and this causes the music’.

After this the mice were divided – some believed in the ‘scientific’ explanation, while others clung to the traditional belief in the Creator and they all lived unhappily ever after.....

Moral: Science and religion need not be at odds with each other. Many of the greatest scientists – Einstein and Newton included – were spiritually minded people.

“A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as

something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”
— Albert Einstein

‘Don’t doubt the Creator because it is inconceivable that accidents alone could be the controller of this universe.’ – Isaac Newton

“Life is like riding a bicycle. To keep your balance, you must keep moving.”
— Albert Einstein

The following is a story sometimes attributed to Einstein; although there is no evidence to support that.

An atheist tutor asks the class how if God created everything then He must have created evil and all the suffering in the world. Einstein responded by asking the teacher if he believed in darkness, to which he replied that he did; and did he believe in cold? Again an affirmative answer; and is there such a thing as silence? Yes, and does evil exist? Yes evil exists, undoubtedly.

‘But actually darkness is only an absence of light; and cold is only an absence of heat, silence is an absence of sound and evil is only an absence of God’.

This is more the Hindu view that evil (as embodied by Rakshasas – ‘demons’) is only delusion – mainly delusions of ego, which identifies with the body and is subject to lust, greed, envy, pride etc. It is believed that illumination of the Truth will remove this, like the famous example of a man in the dark holding a snake and thinking it is a rope. Once the light is switched on there is no more discussion required!

Once there was a big flood and the whole town was under water. There was a boat going round rescuing people from their houses. One man was leaning out of his first floor window as the boat came past.

‘Hello, sir, we’ve come to rescue you’.

‘No, that’s fine, thanks. I have faith in the Lord that he will save me’

‘But it’s looking very dangerous, sir’

‘No, thanks, the Lord will protect me.’ So they left.

Some time later the water had risen another eight feet. The rescuers were flying by in a helicopter to save those stranded. By this time the man was sitting on his roof. They shouted to him on the loudspeaker:

‘Hello, sir, we’ve come to rescue you’.

‘No, that’s fine, thanks. I have faith in the Lord that he will save me’

‘It’s looking very dangerous, sir, the water is still rising’

‘No, thanks, the Lord will protect me.’ So, unable to persuade him, they left.

The water continued to rise; the man was standing on his chimney, then on top of the chimney pot and the water rose up, up; up to his nose, over his nose, over his head..... and he drowned.

When he got to Heaven he was really furious.

‘Where’s God? I want to talk to him.’ So they showed him into the Divine Presence.

‘What’s going on? I had faith in you, that you would save me, and look what happened – here I am – dead! What kind of protection do you call that?’

‘But, my dear fellow’, replied God, ‘Who do you think sent the boat and the helicopter?’

Moral: Deciding how we want God to look after us is not surrendering!

####

At a shoe-beating session:

Person leading: 'OK, let's start by shoe-beating our own name'.

Yogi: (gives seven circles and starts writing on the ground)

'O-W-N -N-A-M-E'.

####

A Brahmin being ferried across the river asked the boatman:

'Have you learned Sanskrit?'

The boatman replied: 'No'.

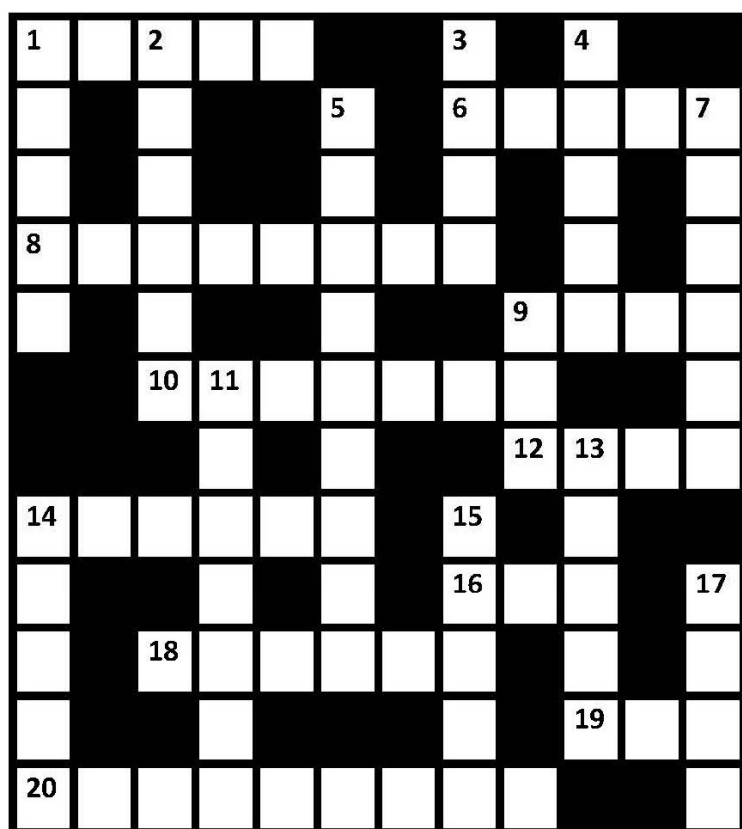
'Then half your life has been wasted!' said the Brahmin.

When the boat had reached about halfway across the boatman asked the Brahmin: 'Did you ever learn to swim?'

'Of course not!' replied the Brahmin.

'Then your whole life has been wasted – the boat is sinking!'

####



Crossword – Akashwani Adi Shakti 2016

Solution on page 97

Across:

1. Christmas song. (5)
6. Life Force in Sanskrit. (5)
8. 'Though they are with you yet they belong not to you'. K. Gibran. (8)
9. 'I am master of my and captain of my soul.' N Mandela. (4)
10. Goddess of prosperity. (7)
12. Mother Earth. (4)
14. Om Twameva sakshat (etc.) (6)
16. Meta Modern ... (3)
18. Shri Devi – one of the negativity destroying mantras. (6)
19. 24 hours. (3)
20. She is the 'Primordial Energy' (3,6)

Down:

1. Altar shell. (5)
2. Martin Luther King fought against discrimination. (6)
3. 'We have to be- minded people, like scientists' S.M. (4)
4. Shri Krishna's Shakti. (5)
5. She plays the Veena. (9)
7. Goddess whose symbol is an owl. (6)
9. Tree which provided the first clothes. (3)
11. Sister of Apollo. (7)
13. Pure Joy. (5)
14. Mother of Christ. (5)
15. England Chakra. (5)
17. Illusion. (4)

“My Grandmother used to tell Me a story, that there is difference; talk of religion and to be in religion.

And as she told Me a story of a man. She said that he believed in God and that was the Truth for him. That was the Truth.

So, one day, he found a man, of course it's a story, going to meet God.

So he asked, “You are going to see God. Will you do me a favour?”

He said, “Yes, what can I do?” He was lying just on the side of the road, one side and he was saying, “You see, you go and tell God that, you see, I am little hungry these days. You better arrange for my food.”

He said, “What?”

He said, “You just go and tell him.”

He said, “Look at this man! He is just ordering God that he should give him food!”

Then he went further on and through the forest he was passing. He saw one yogi, you see, standing on his head with all his stomach inside, all bones showing off and as if now going to collapse into a very frantic state of devotion.... doing all kinds of Yogas and things like that and praying to God, must be with both hands towards Him and soaking the feet, may be, like mad, you see, and asking, “Why don't You meet me? Why don't You meet me? I want to meet You! Why don't you meet me?”

And the man who was going to see God went through that side and He said, “Now please go and ask Him why don't You come and see me? You better come and see me, Why don't You do it?”

So he said, "Alright, I'll come, I'm sorry." He had become thin, you see, absolutely thinned down, condition very miserable. He said, "Alright, I'll go and tell God about you." So he went up. He saw God.

So God asked, "Did you meet some people on your way?" He said, "Yes, I met a horrible one who is all time saying 'Why not? Why this?' and 'Why?', 'Should I do it and should I not?' And this and that, is going on. So, will You go and meet him? He's asking."

He [God] said, "No, better tell him to do it little more, you see... still he has to do. He requires more effort. He won't be satisfied. Till he gives up his efforts, let him go on." I mean he would have become mad like that.

But now God says, "Alright, let him go ahead! What to do? If you tell them, they don't want to listen, so let them go ahead."

Then he said, "Then I met another mad fellow, who was on the street, he said that 'I'm hungry, ask God to send some food for me. Please ask. Tell God that I'm hungry.' "

He [God] said, "Really?" He called all His managers He said, "Please send his food. Have you not yet arranged his food and all that? Please arrange it."

He was quite surprised. He said, "What is this? This man is just telling 'I'm hungry,' and God is so much worried about this fellow and not worried about the fellow who is standing on his head and asking such a lot of questions to God."

So God knows everything, so He told him, "Now, alright you are going down, you just tell them one story to both of them and see their reactions and then you will know."

So He told him a story. "You tell them that, 'I went to God and saw there God passing a camel through the eye of a needle.'" and he said, "Really?"

He said, "Yes, you go and tell them." So he came down. This fellow was still on his head.

He came back, "What did God say?"

He said "You have to go on still for some time."

He said, "Oh! Really? Well! All glory to God!"

He said, "Yes, he said so."

He said, "Really?" Then, "Did you see something special there?"

He said, "Yes, I saw that He passed a camel through the eye of a needle!"

He said, "No, no, don't tell me stories! How can it? Such a big camel! How can it pass through the eye? After all it's impossible! It is impossible! This is impossible! You are just now trying to befool me. Because you have been to God you think you can befool me. No, no, I cannot take it, no, I cannot take it!"

So he went to another fellow, he was nicely eating his food. He said, "Yes! I knew, you see, I just told you because you asked me if you have to tell you anything, I knew God will send my food and everything. I'm quite alright."

He said, "Did you see anything wondrous there?"

He said, "I saw the wonder of wonders, miracles of miracles, that God passed a camel through the eye of a needle!"

He said, "What is so miraculous? He is God! He's God Almighty! What? He can pass even Universes after Universes through that hole! What is it for God? He is God Almighty don't you

understand God Almighty? Because you have met Him, you think He's nothing! Because you did it so easily, you think He's nothing! Because He behaves like [that] you think He's nothing! He's God Almighty! So what? to Him, what is it?"

Then he realised; this is faith. That is what is enlightened within you with Puja, not your rationality which is brought down actually quite a lot."

19-07-80 The Meaning of Pūjā, Brighton,

12-06-78, Caxton Hall, London, UK

####

A seeker was performing penances to please Lord Shiva in the forest. Finally the Mighty Lord appeared before Him. He prostrated in absolute reverence.

'What boon do you want?' asked the Three-eyed God.

'My Lord, I have only one desire which is to see You and that has been fulfilled'

However Shri Mahadeva insisted that He must give one – and only one - boon to His devotee, so the seeker asked if he could take the advice of his family. Shri Shiva agreed to meet him back at the same time and place the next day.

When he got home he asked his wife what they needed. 'Gold, husband, we need gold, how else are we going to live?'

Then he asked his mother what she wanted. 'I long to see my grandson, your child, who has not been born yet'

Then he asked his father who was blind. 'My son, if only I could get my sight back!'

So the next day the devotee went again to the forest and sat in meditation waiting for the Lord, who appeared and asked what boon was required.

‘My Lord, forgive me for asking, as you know I seek only Your Darshan, but the boon I ask is that – my father should see my son eating off a gold plate.’

Lord Shiva laughed and, as the seeker had asked nothing for himself, granted his wish.

####

A missionary is trying to convert a simple village man who asks him what he has to do to become a Christian.

‘You just have to go to church on Sunday morning’.

‘OK, that I can do’.

So they tell him he is now a Christian.

The next morning the man is down at the river at sunrise offering water to the rising sun when the missionary sees him.

‘What are you doing? You can’t do that. You have become a Christian!’

‘Yes, Sahib, I have become a Christian, but does that mean I have to give up my religion?’

“The Christians are converted in India. They usually come from very poor backgrounds. They believe that Christ was an Englishman born in Buckingham Palace. There is a joke about a villager near Allahabad. He was converted and given the name Sikander (Alexander), so he became Alexander Bhura. Bhura was his own name meaning Blondy.

Every time he came to Allahabad, he would go for a dip in the holy river, the Ganges. The missionaries who converted him said that now that he had become a Christian he could not worship the River Ganges. He was amazed at this absurd proposal and said in his village language: ‘I have become Sahib, but how can I leave my religion (Dharma)?’ *Meta Modern Era, Ch.6 Religions*

####

“They told me the story that Tsar had an idea that everybody has got a religion, why not Russia also should have some religion. So they sent for the Catholic people to come down and tell them about Catholicism.

So the Catholics came, that time there was only Catholicism, so they came and they said ‘All right, Catholicism is very simple that you can drink, do what you like, only thing, you cannot marry again.’ Tsar said, ‘This won't work out in Russia, is difficult, not for us.’ So he said, ‘All right, now let's have another one’. So they sent for Muslims, Islam.

So the Muslims came in and they said that you can marry any number of wives, doesn't matter, but you can't drink. They said, ‘This won't suit us’.

So they had another third religion that was this supposed to be Orthodox, you see Orthodox religion, the most liberal one; was this Orthodox Greek religion and they said, ‘Oh, you can drink and you can have as many wives as you like as long as you give us sufficient money.’ Only their interest was money. They said,

‘This is all right, very good religion. We have to give them money and only thing they have to do is to call us religious so that we are religious people; nobody should say that they have no religion’. That's how the religion came into this country, Russia.”

Chelsham Rd, 06-08-85

Another version:

And the story they told that when the Russians wanted some God or some religion all types of people came in.

First came the Catholics and they said of course you can drink any amount you like, because Christ didn't say much about it. And Christ did distribute wine in a wedding. Now just use a little logic and you'll understand, it can not be an fermented wine. He spontaneously created wine and how can you in a second make it into an alcohol? You have to ferment it at least for a month. Because in the old Testament so much has been said against drinking, that Christ didn't think it much necessary to talk much about drinking, because he was more concerned with the ascent and with the second birth.

So the Catholics said alright Tsar, you can drink, but you cannot marry again. This was too much for the he said I must have many how can I manage with one, so I don't like this religion.

So the Muslims went there and they said, alright. You can have Islam, you can marry as many you like but you cannot drink.

So they said, this religion won't fit us much, because we must drink morning till evening.

So the Greek Orthodox went there and said: “Do what you like, as long as you give us money sufficient, we will recommend you

to God." This is what we have done to our great incarnations like Christ, like Mohammed Sahib, Krishna, Shri Rama. What human beings have done to them, that one should mock our religions. The reason is that we are not powerful enough to follow what they told us. But when you become the Spirit, automatically you do it."

06-09-84, Vienna

####

A Buddhist monk walks into a Pizza restaurant;

Waiter: 'What would you like, sir?'

'Make me one with everything', replies the monk.

####

The Nine Hundred and Ninety-nine Names – a devotional story

A devotee of Lord Vishnu used to say the Vishnu Sahasra-nāma – 'Thousand Names' every day. One day his wife said to him:

'Husband, every day you say the thousand names, one of which is vamsha-varadhana – 'increasing the wealth of devotees'; so how come we are always poor? '

The devotee thought about it and realised that his wife was right, materially their life was hard; so he took a charred stick and crossed out the name, and said only nine hundred and ninety-nine names.

At the same time in Vaikuntha (Shri Vishnu's abode) Shri Lakshmi happened to look up at the face of the Lord and saw a black smudge on His cheek.

‘What is this, my Lord, is it some new kind of Kajal?’ (Camphor-soot used to blacken the eyes)

Shri Vishnu rubbed his cheek and, looking ruefully at the black mark, went into meditation to discern the cause.

‘He is right, I have not been doing my job’ said Lord Vishnu, and disguising himself as a wandering monk He went down to the Earth.

He came to the house of the devotee who, however, was down at the river doing his morning ablutions, but his wife greeted the stranger and gave him some water and food.

‘May God bless you’ said the monk as he left, and when he had gone the wife found herself dressed in a beautiful silk sari with gold ornaments and their house had become a mansion with many cows, goats, and chickens in the yard.

When the devotee returned and saw the big house, he thought he must have gone the wrong way, but then he recognised his wife dressed in all her finery.

‘Wife, what has happened?’ he asked. She explained to him about the wandering monk and his blessing.

‘Oh, no’ he cried in great distress, ‘it was the Lord himself who came to bless us and I didn’t see him. How could such a misfortune happen to me,’ and he fell to the ground beating the dust with his fists.

At that moment Shri Vishnu appeared in his full form with his four arms in all His splendour; ‘Arise’, He said,’ your wife saw me only as a wandering beggar, but you have seen me in my full form. Are you happy now’

‘Yes, my Lord’ said the man, prostrating himself at Shri Vishnu’s Feet, ‘Now I have received the greatest blessing’.

####

“I was coming from Riyadh to London and I went off to sleep. When I got up, I found absolutely different people on the plane. All the ladies who were travelling were dressed up in a very orthodox way, also the men and then I opened my eyes, and I saw extremely fashionable ladies, with all thing exposed, and the men, like dandies, smoking, drinking.

So I asked the air hostess, 'Did we touch some other airport?' She said, 'They are the same. What makes you think..?'

'I mean, I can't recognize them,' I said, 'How are they changed like this?'

So she told me, 'They always do like that.' Just imagine!”

Tunisia, 11-11-94

####

A Hindu, a Christian and a Muslim are crossing a river in a boat when the boat starts to fill up with water.

The Muslim prays, 'O Allah, please come and save me' and sure enough he is whisked away to the other side.

The Christian gets on his knees and prays: 'O Jesus, please come and save me' and in a trice he's on the further bank.

So the Hindu is thinking 'Who should I pray to for protection – Shri Durga? Lord Shiva? Shri Ganesha? Shri Vishnu?'

So finally he decides to pray to Shri Ganesha 'Oh! Lord Vinayaka who removes all obstacles, please come and save me' and immediately Shri Ganesha appears.

However He is keeping His distance, dancing merrily, banging a drum and singing. The Hindu is puzzled – ‘Oh! Lord, why are you singing and dancing, and not saving me?’ and Shri Ganesha replies ‘You always sing and dance when you immerse me in the river so now I am singing and dancing for you.’

####

One day a man is walking along and he finds a bottle with a genie inside. The genie offers him a wish if he will open the bottle, which he does.

‘So what do you want for your wish?’ asks the genie.

The man thinks for a moment and says, ‘I’ve always wanted to visit the Andaman Islands, but I am scared of flying and I get seasick in boats so could you build a bridge there from the mainland so I can drive over.’

The genie is shocked, ‘What!! Do you know how far that is? It’s hundreds of kilometres – how many pillars and beams and tons of concrete do you think that would take? No, no, it’s too much! Ask for something else.’

‘OK,’ says the man, ‘could you explain the Hindu religion to me, then?’

The genie thinks for a minute and asks, ‘What colour do you want the bridge painted?’

####

‘You know what the problem with the collective is? – everyone keeps criticising each other!’

####

Language

Language can be a great source of confusion (Tower of Babel!) as well as humour:

####

A French Yogi staying in the ashram wanted to make himself useful and the ashram gardener suggested he could prune an over-grown tree in the garden. He readily agreed and was supplied with a saw, gloves, ladder, etc. and it was explained what to do:

‘Cut off every other branch on both sides up to three metres, OK?’

‘OK, I understand’

Unfortunately the gardener was called away at that moment and when he returned half an hour later there was a bare trunk up to three metres with no branches at all; he was shocked.

‘What happened? I thought I said cut off every other branch’

‘Yes, I have done what you said and cut off every branch up to three metres’

Actually the tree recovered quite well and didn’t look too bad after a few months.

####

A Spanish uncle staying in Cabella was translating Shri Mataji’s talk from the Italian translation into Spanish. Shri Mataji explained that for Vishuddhi we should eat butter and avocado, translated into Italian as ‘burro’ and ‘avocado’.

*He kept the Italian word for butter –‘burro’ and translated *avocado as ‘abogado’; however in Spanish ‘burro’ is a small donkey and ‘abogado’ is a lawyer, so his translation read:*

‘For Vishuddhi we should eat donkeys and lawyers’!

**Avocado is an Italian word; in Spanish the fruit is called Aguacate.*

####

The story goes that when Dr Warliker was very new in Sahaja Yoga the Sahaja Yogis came round to do a Puja at his house. At the end of the Puja they said, ‘Now, let’s have Aar.ti’; so, thinking they had said ‘Let’s have our tea’ he went into the kitchen to put the kettle on!

(P.W.)

####

In Bengali ‘Sahajjo’ means ‘Help!’ In Calcutta some Sahaja Yogis were going around houses giving realisation during the daytime and knocked on a door. ‘Who’s there?’ came a voice from inside.

‘We’re from Sahajyog’ (in modern Indian languages the a’s at the end are dropped)

‘What was that?’

‘SAHAJYOG!’

‘No, I’m sorry, I can’t help!’

Finally the misunderstanding was sorted out and the man opened the door and got his Self-realisation.

####

####

At one time in the UK an old Mercedes stretch limo was bought to drive Shri Mataji around. Chris J was one of the drivers who worked as an engineer. One day he got a call but, as he was busy, a colleague took a message which ran:*

‘This is John from Shudy Camps; can you take the limo to the airport this evening’.

However the colleague misheard slightly and the message was written: ‘from Shudy Cabs’.

The next day Chris was called to his boss’s office and asked whether he was ‘moon-lighting’ as a cab driver (the terms of his contract forbade any other employment without the company’s permission).

He was very puzzled until the message was shown to him and he explained the situation.

** In practice the car was too much of an ‘old banger’ for driving Shri Mataji but it was useful for Her luggage which could amount to seven large suitcases plus other items as She often bought large quantities of gifts for the Sahaja Yogis from everywhere She visited.*

####

A. How’s the book you’re writing about Sahaja Yoga?

B. Not too bad; I added twenty pages to it today.

A. Twenty pages! That’s great! How did you manage that?

B. I increased the font size and the line spacing.

####

####

Verse for 'Ai Giri Nandini'; (pulling the ears)

(It's the middle of winter and the heater isn't working well)

Havya goddan-oldhita, wanna gedda nu-hita,

Bedda gedda nuhita, getwan tūde,

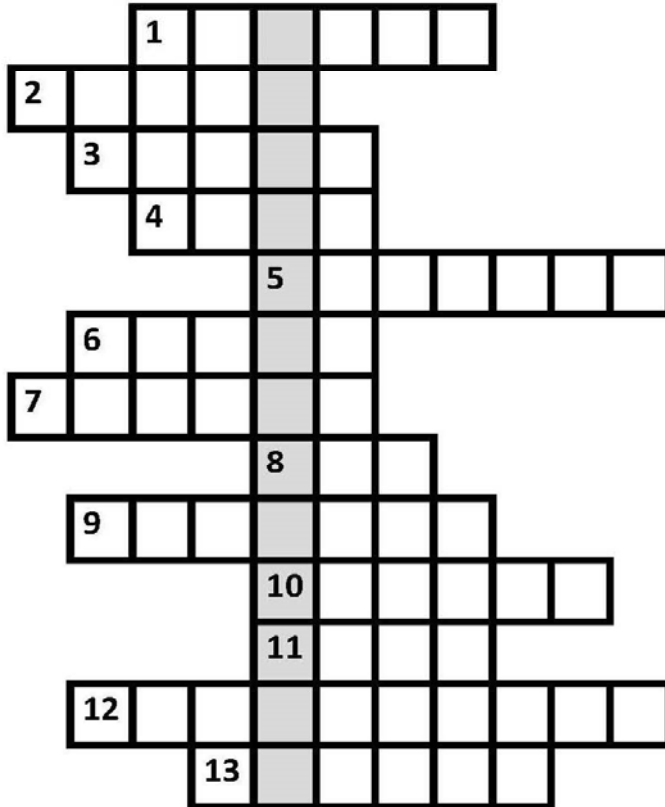
Dūya wanna speshita, waddabadda gas-hita,

Bedda gedda gas-hita, getwan tūde.

####

Akashwani - Navaratri Puzzle

Fill in the names of the weapons of the Devi listed in the Devi Kavach given by the clues to reveal the name in the shaded column.



1. Olympic field event. (6)
2. Shell trumpet. (5)
3. Samurai weapon. (5)
4. Indiana Jones carries one. (4)
5. Another Olympic field event. (7)
6. Similar weapon to 5 Across. (5)
7. Ground-breaker. (6)
8. Lumberjack's tool. (3)
9. Poseidon's weapon. (7)
10. Kept in a quiver. (6)
11. Spice club. (4)
12. Missile with hooked end. (6,4)
13. Bridle 'Stopper'. (6)

Solution on Page 97

Misprints

Many books and booklets are produced in Sahaja Yoga and inevitably mistakes occur! The Spell-checker on the computer can sometimes be less than helpful (who hasn't written 'form' instead of 'from', without the spell-checker noticing?)

####

A colour poster printed in large quantity and given as a gift on India Tour in the 1980's had the following quote from Shri Mataji:

"Whatever you do, it should be done with the faith that you have in worshipping, the zeal of a worrier and sensitivity of an artist."

Marathi Letter

The original quote said 'warrior', of course, but probably most of us are better at worrying!

####

Another booklet: 'So desecration is very important in Sahaja Yoga, one of the very great basics for our growth...'

(My theory is that if you spell 'discretion' as 'descretion' the Spell-checker will suggest 'desecration'!)

####

####

Nirmalanjali (Hindi Sahaja Yoga songbook/Mantrabook);

'Hark the Herald Angles sing'/ 'Angles from the realms of glory.'

(Again, blame the Spell-checker!)

(Reminiscent, perhaps, of Pope Gregory I who saw some sweet blonde children in the marketplace in Rome and, when told they were Angles

(English), said;

"Non Angli, sed Angeli" – 'Not Angles but Angels')

####

Yogi 1: You're so lucky not to have any catches!

Yogi 2: Yes, it's a funny thing; the more I meditate the luckier I get.

Scramble!

Unscramble these jumbled words, one letter to each square, to form four ordinary words.

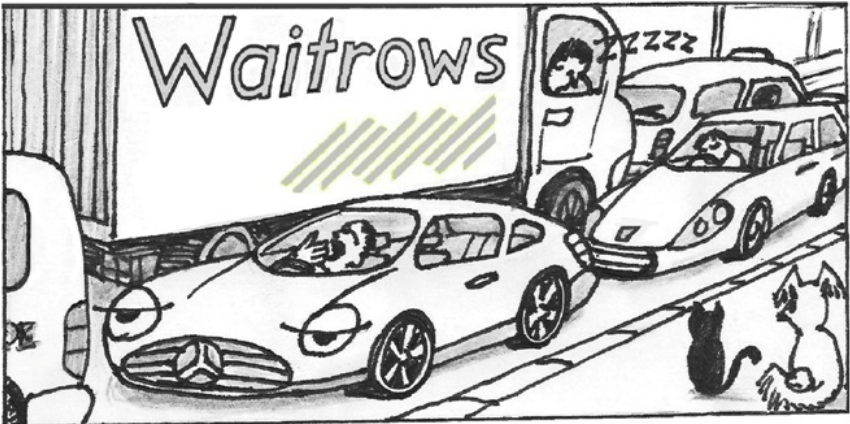
H E S S I N
□ □ □ ○ □ □ □

S T O U L
○ □ ○ □ □ □

O T O F A S K O
□ □ □ ○ □ □ □ □

A T H E R
○ ○ □ □ □ □

Now rearrange the circled letters to give the answer.



THE TRAFFIC IN LONDON MOVED SO SLOWLY BECAUSE EVERYONE WAS DRIVING

□ □ □ □ □ □ □ □ □ □ □ □ □ □

Answer on page 97

Madness!

“I’ll tell you a story. Our Prime Minister, Jawaharlal Nehru, went to a lunatic asylum, and there were some mad people there, talking sanely, for a change.

So they asked him, ‘Who are you?’

He said, ‘I am Jawaharlal.’

They said, ‘You are Jawaharlal Nehru?’

He said, ‘Yes.’

They said, ‘Are you the Prime Minister of India?’

He said, ‘Yes, I am.’

‘See, it’s all right. I used to say the same thing till I came here.’

So that’s what happens. When the sages come on this earth they are crucified, but if some cheat and a thug comes in, they are worshipped.”

04-07-85. Holland

####

“There were two drunkards who were drunk. They went to a hotel. They wanted to have a room for themselves. So they went and told the clerk that they would like to have ‘Two rooms with a bed.’

The clerk thought about it for a bit and said, ‘Alright, you want to have a room with two beds.’ So he opened a room and said these are the beds for you. So fully clothed as they were, they slept in the same bed.

So one calls to the other; 'There is somebody in my bed.'

Other one says, 'I too have someone in my bed.'

So the first one says, 'What should we do?'

The second one says, 'Let's try to throw them out'; and there was a big struggle and lot of noise in the room.

So the first one says 'I've got him out.'

The second one says, 'But he has thrown me out.'

So the first one says 'Alright, you can come and sleep with me,'

So what is the use of arguing with them and getting angry, getting into tension? I mean they are 'drunk.' No use arguing with a mad man or a drunkard. They are drunk by power, drunk by money; and you are filled with the light of God Almighty. If you understand the difference, you will realize that it's no use fighting with these people."

16-11-80, UK

####

Another story about drunk people.....

"So those people who cannot become collective are either right-sided or left-sided but more left-sided. But left-sided people can be collective in negativity. There is a very big fraternity of bhoots.

You see some drunkards sitting together. They are saying: "See there's so many problems, ecological problems." They are drunkards, all drunk, and: "There are problems of other kinds, when will this end?"

So another one says: "Wait, wait, wait, I've heard that the whole world is going to collapse very soon."

Then the third one says: "Thank God we are going to be collapsed, finished."

Then the fourth one says: "But what will happen to our pubs?"

They say: "It's alright, if we are not existing, what does it matter?" That's how the fraternity of the bhoots act. They cannot see fun at all, they cannot enjoy at all and they become very, sort of think they are very meditative, they are some higher people, they are something superior... in negativity. But the end of these people is that they become lunatics, while the end of the right-sided people is they become idiotic."

06-08-89 Shri Bhairava Puja, Milan, Italy

####

"There is a story about a farmer who was travelling by train and there were some naughty boys who came from the city so they wanted to pull the legs of the farmer.

So one of the boys asked him that 'If the eggs are selling here in this station for 20p and in the next station the chicken is selling for one pound, what is my age?' Just to tease him.

So immediately the fellow says 'You must be 22.'

He said 'How do you know exactly I am 22?'

He said 'Because my brother, my brother who is full mad, is 44.'

You see, they are so practical. You know, you see, as they call it in America, as 'brass tacks', you see they know what is it. He looked at him and said '22'; 'How? Why?'

'My brother, who is 44, is full mad.'

And these boys didn't know where to look you see, because they wanted to tease him. And the farmers have great sense.

Like we had one minister who had developed a bad neck, you see, in Viśhuddhi. He was Chief Minister. He used to go on like this, his head used to go like this (*rolling side to side*).

So some farmers came to see, saw him and they looked at him. They said 'He's saying no already, what's the use of telling him anything?' We have lots of stories of farmers in India which shows how much they understand life.

I had a very nice gardener, he was from a village. So there was one fellow, old fellow, another gardener.

He said 'No use talking to this old fellow.'

I said 'Why?'

He said 'If he is a Hindu, then an old man is a gone case.'

I said 'Why?'

'Because in young age they live like ascetics and in old age they become like bhoots, but if he is a Muslim, they don't live like ascetics in young age. They enjoy life and in old age they are satisfied souls. So you better talk to a Muslim old man than to a Hindu old man.'

I mean the reading is so correct about things, you know. Everything that he said was so practical and so sensible. I was really surprised how he could say these things with such sweetness and with such goodness and how he understood so many things so well. And he was a very young fellow; about I would say thirty to thirty-two years of age.

So he came to Bombay [Mumbai] to see us. He didn't know our full address, he only knew Marine Drive so he told the fellow, his taxi fellow, 'You drive me to Marine Drive.'

He said 'Marine Drive is a big place.'

He said 'You drive me anywhere in Marine Drive'. So he drove.

So he went and asked 'Is there a very tall gentleman staying in Marine Drive somewhere?' And you see, My husband is one of the tallest in Indians, you see.

So he went to the servants, asked 'Have you seen any tall sahib anywhere?' He said 'Just one tall is staying there, you see.' So that's how he came to our house. And he showed them his shoes; 'This shoe he has given me and he wears the same style of shoes.'

So servants notice all these things, they are very practical people.

So another gardener who met him, he said 'Yes, there's a tall fellow and he wears the same type of shoes.' And so he came to our house.

How they are sharp and how their eyes are so penetrating, how they know everything about everything." *05-07-85, Holland*

Another version

“All is done that by this great personality, Shri Ganesh. How much we owe to Him.

Apart from that, He gives us the basic wisdom. I mean, a villager, supposing you talk to a villager who is not exposed to all these nonsensical sensations, you'll find him extremely practical and wise. There's a story that one villager was travelling by train with other boys who were very flamboyant and thinking that they were very smart.

So, they were trying to tease the man.

So, a boy asked a question to him. “Now, if the butter is selling for one pound, for a quarter of a pound, what will be the price of the egg in the next station?” He looked at him. He said, “All right, you tell me what. Then, you cannot tell the price of the egg, then can you tell me my age?”

He looked at him. He said, “You must be twenty-two.” He said. “How do you know?” He said, “I have a brother who is eleven years and he is half mad, but you are full mad.”

So, an ordinary villager answered this smart fellow and the smart fellow didn't know where to go. So, all this smartness and cleverness finishes off when it comes to innocence.”

26-08-90 Śhrī Gaṇeśha Pūjā, Austria

####

Innocence

“A boy went to an exhibition with his parents and was roaming around, his name was called - every time the parents used to call his name, you see - so he said, ‘Oh God, am I lost again?’

If somebody thinks you’re lost, you’re lost; it’s their mistake; but the boy was not lost. Others think you are lost, but you are not, but sometimes, you start thinking the same. Nothing is as dangerous as your own fears.”

25-03-81, Sydney

####

‘Shri Mataji told the story of Shiva and Parvati, who went for a walk and met a snake. The snake said, ‘I want to go and meditate.’ So they said, ‘Alright, go under that tree and meditate there.’ When they came back from their walk, they found the snake lying there, badly beaten and bruised with some skin peeled off. They asked what had happened? The snake explained that it had been stoned by some boys while meditating. Shiva said. ‘I told you to meditate but I didn’t tell you not to hiss.’

(Told to illustrate than one must keep one’s nature – women must be women and men must be men - and not be dominated by their wives!).

21-09-91, Guided meditation in the Palazzo, Cabella

####

####

At a shoe-beating session outside on the grass at ISPS (Dharamshala School)

Person leading: 'OK, let's shoe-beat the *Six Enemies'

Class VII-er: 'Six enemies, let's see, there's Govinda, Ram, Ivan, ...'

** The Six Enemies are to Indians like the 'Seven Deadly Sins' and are Lust, Greed, Envy, Pride, Delusion and Anger.*

####

"My father was a great realised soul, and he never used to close the doors or windows in the night. And one day a thief came, and took away the gramophone that he had.

So he felt very sad that 'He has taken away the gramophone; now, what about records, he can't buy. How will he play?'

So my mother joked that 'Better give it in the newspaper that the thief who has taken away our gramophone, please come and take away the records also.'

This is a sign of Lakshmi principle. One who is satisfied is happiest when he can give something. If you give with one hand, you'll get from ten hands."

16-07-96, Moscow

####

A lady was planning a dinner party for some of her husband's work colleagues. 'Oh, that Mr Johnson is coming, he eats like a horse! I'd better cook extra.' she said.

"When the gentleman came to the house for dinner, the child was looking at him very intensely. And then he says: 'Mother, he doesn't eat like a horse, as you told me!' Everybody was shocked!"

17-09-00, Ganesha Puja. Cabella

####

Posh Lady, doing good works by visiting the poor in hospital, to rustic in hospital bed:

'Tell me, my good man, what do you do all day lying in bed?'

Rustic: 'Well, ma'am, sometimes I sits and thinks, and sometimes I just sits'. (Zen Master!)

Punch magazine. 10th April 1925.

####

"A gentleman was waiting at the airport. There he saw a young girl looking like a boy. In order to verify this he asked the person standing next to him, 'What do you think? Is that a girl or a boy?'

The person replied: 'She's my daughter'.

Our gentleman felt embarrassed and he said, 'I'm sorry, I didn't know you were her father'.

The second person replied, 'Well, actually I'm her mother'."

Meta Modern Era. Ch.2

####

At Ganapatipule a daytime seminar was organised for the Dharamshala school children to talk about their experiences of Sahaja Yoga. After some deep and sweet reminiscences the topic got onto how vibrations and bandhans could help. One boy mentioned how he found something he had lost after giving a bandhan.

A younger boy stood up to the microphone and said:

‘One day I lost my watch and then I found it’

A teacher came to the mike and said: ‘I think what he forgot to say was that he gave a bandhan’.

‘No, I didn’t’, replied the boy, ‘I just remembered where I left it’.

####

“Now there is a joke about the nouveau-riche people, in Russia. Russians are not like that, normally, they don’t accept something because it’s a fashion.

So one fellow said: ‘My God, you lost your hand in that accident.’

‘Doesn’t matter, but I lost my very expensive watch from Switzerland’.

‘Really? What?’

‘It was a Rolex.’ Rolex is the fashion.

(A dog is on the stage) I have not seen dogs taking to any fashions; maybe their masters might buy, but not these animals. We don’t have to become animals of course, but we also don’t have to become slaves of fashion.”

23-08-97, Shri Krishna Puja, Cabella

####

“We had a seminar of thousands of people in Russia and there was one American Sahaja Yogi and a Russian Sahaja Yogi asked him: ‘How many Sahaja Yogis do you have in America?’ So he said, ‘To be precise, it is fifty-six.’ So this Sahaja Yogi from *Togliatti says, ‘Oh my God, you are fifty-six thousand? We have only twenty-one thousand here in Togliatti.’ They can't understand; they think Americans are very bright, very smart people; there must be at least 56,000.

So they're taking to Coca Cola culture now, Russians, they go to McDonald's. The whole world is looking at you; they follow you; this Hollywood doesn't understand its own responsibility.”

Los Angeles, 29-09-94.

**The town of Togliatti in central Russia revolves around the Lada car factory which was set up by the Italians in 1966 and was named after the leader of the Italian Communist Party, Palmiro Togliatti. The factory produced the Lada 1200 based on the Fiat 124. At one time there were indeed 21,000 Sahaja Yogis there!*

####

Having sung ‘Jog.wa’ (*Marathi songs 7*) for the last twenty-five years, and enthusiastically chanted ‘Ude, Bai, Ude, Bai, Ude!’ (*‘Rise, O Mother Kundalini, rise’*) I was amused early one morning at Ganapatipile (*where I preferred sleeping in the open pandal rather than the stuffy sleeping rooms*) to hear one of the Maharashtrian catering staff waking up another, as it was time to make the morning tea, by saying ‘Ude, chai, ude, chai, ude!’ (*‘Get up, it's time to make the tea!’*)

####

The Chinese Farmer (a Zen story)

There was once a prosperous farmer in China. One day the farmer's favourite horse ran off with the wild horses. The neighbours all came round to commiserate: 'What bad luck, losing your best horse!' they said.

'Maybe' responded the farmer.

The next day the horse returned bringing with it several of the wild horses which were captured. Again the neighbours came round: 'What excellent fortune, to have gained so many horses for nothing!' they exclaimed.

'Maybe' replied the farmer.

The following day the farmer's eldest son, who was his right hand on the farm, was trying to break in one of the wild horses but was thrown off and broke his leg. The neighbours returned: 'Such misfortune, you son breaking his leg, and just when the harvest is due.'

'Maybe' said the farmer.

A few days later the army recruiting officers came to town and took with them every able-bodied young man to fight in the war; of course the farmer's son could not go as he had a broken leg. The neighbours were jubilant: 'That's wonderful news! You son got spared military duty because of his leg! What good luck!'

'Maybe' replied the farmer.

####

####

A seeker of truth approached the master reverently and asked:

‘Master, can you give me enlightenment?’

‘Possibly’, replied the master.

‘How long would it take?’ enquired the seeker.

‘Maybe five years’

‘Five years! That’s a long time! What if I work really hard and make a great effort?’

‘In that case, maybe ten years,’ responded the master.

“A Guru tries to make his disciples effortless, which is called as Prayatna Shaytilya - means 'relax your efforts'. So people who have come recently have to put in efforts to stop the efforts. A very common thing in the West, is the harsh tongue, the sarcasm, hurting others - is a subtle way of violence. Such people should make an effort to stop - just don't talk. Watch your mind - is it trying to talk something sarcastic? So, this watching also requires effort. So, to sprout the seed is easy, but then one has to put in the effort to look after the little plant.”

Guru Puja, Leysin, Switzerland, 14-07-84.

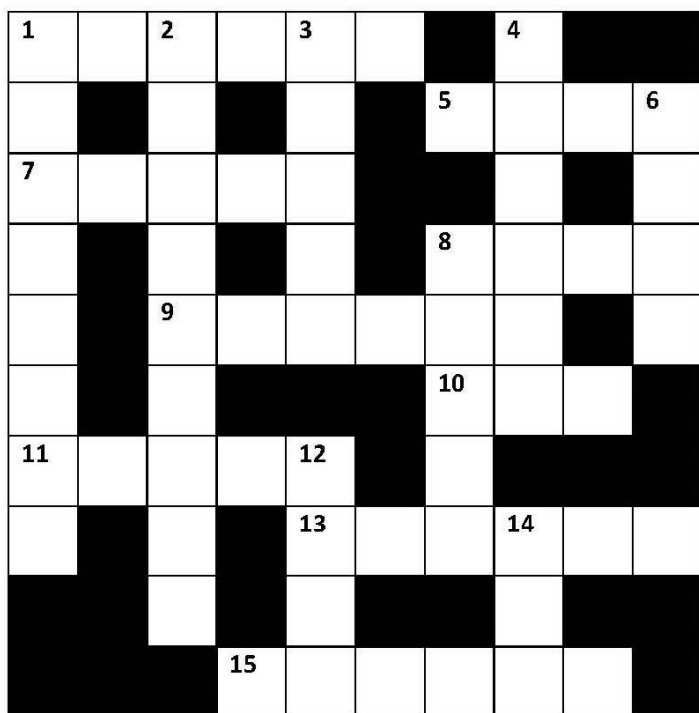
####

At Ganapatipule a westerner saluted a line of Indian yogis sitting on the beach meditating with their feet buried up to the ankles in the powdery sand.

‘We are doing ‘dry cleaning’’, they quipped.

####

Akashwani No.1- March 2016.



Across:

1. I am the power to be infinitely heavy.
5. I form one of three qualities along with Sat and Ananda.
7. I said: 'For what shall it profit a man if he gain the whole world, but suffer the loss of his soul?'
8. I am the second word in the nav'ārṇa –'nine-syllabled' mantra.
9. This comes with innocence and sometimes manifests as teeth.
10. Bija mantra for Nabhi and name of a lotus-eyed God (in Hindi).
11. You are 'eternal'.
13. Something Divine and cool.
15. This Royal Hall hosted many of Shri Mataji's programs.

Down:

1. You are 'elephant-faced'.
2. My first is a flower of love; my second the element of Nabhi and my whole is used to cleanse.
3. Brother of Miriam and Aaron, did not swim.
4. The moral law.
6. Shri Krishna turns my wheel in His form as 'Yuga-varta'.
8. Chandra has ten, Surya has seven and Kalki has only one.
12. The second son of the first couple.
14. I am the E in ENT (Vishuddhi Chakra Talk, 1983, Delhi)

Answers on page 97

Left and Right

Q. How many street turnings are there in London?

A. Only two, left and right!

Quoted by Shri Mataji to illustrate that there are only two ways of getting off-centre.

‘We have only two problems. As I say how many turns are there in London - only two, left and right. In the same way we have only two problems - whether left or right.’ **08-04-87, London**

####

‘I feel guilty that I don’t feel vibrations’

(A Left Vishuddhi catch is the most common reason for not feeling vibrations)

####

Rather right-sided Yogi to another more ‘laid-back’ type:

‘You’re so left-sided!’

(More centered) Yogi: ‘Maybe a bit to the left of where you are!’

(If the right-sided people call you left-sided and the left-siders call you right-sided, then you may be somewhere near the centre! Actually Sahaja Yogis are all essentially Sattvikas – denizens of the central channel. Palmistry can help us to see that, as, like Shri Mataji, we all have ‘middle’ hands; not too long, thin or tapering, or too ‘earthy’ with very short stubby fingers)

####

“With this Bhranti-‘*delusion, error*’ I have seen people can go amok and they don't know they are going amok, because all of them are going that side. There's a story about a father who told his son that: “Whichever way people go, you must follow them.” So he saw many people going and he followed them. Where does he go? To a funeral!

That doesn't mean: ‘Don't use your brains!’” **08-10-00, Cabella**

####

‘I had this amazing sensation of cool water flowing down over my head and relaxing my whole body.’

‘Don’t tell me, you were in the shower.’

‘No, stupid, I was having a very good meditation.’

####

In the UK, during the nineties, it was decided to try and get the Yuva Shakti more involved with Pujas and the collective, so, rather unwisely, they were asked to help clear up after the Pujas at Shudy Camps. They did a good job, but it had the opposite effect of what was intended - after a couple of Pujas it was noticeable that fewer of them were coming and one of them coined the phrase that they had now become the ‘Hoover Shakti’!

####

####

If two people are in a room together and one is feeling better than normal and the other is feeling worse, who has the better vibrations?

####

1st Yogi: If you got a boon from the Goddess, what would you ask for?

2nd Yogi: I'd ask to be the worst Sahaja Yogi in the world.

1st Yogi: OK, that seems a bit strange. Why would you ask for that?

2nd Yogi: Because I am very imperfect and I want all the other Sahaja Yogis to be better than I am!

####

“There is a saying in Sanskrit, which is very common ‘Vidya vinay’ena shobhate’, that is, ‘Vidya’ even the knowledge, is decorated, shobhate means gets decorations, or ‘is beautified’ only through humility.

I don't know if I have told you a story about one saint who was meditating and was blind. And a king came there and asked him, ‘Did you see some people around?’ He said, ‘Yes, yes, King, my King. Sit down. I saw your servant come in and then your minister came in and then the prime minister came in and then now you have come.’

He said, ‘You are blind, how did you know? Through your meditation?’

He said ‘No. Common sense.’

He said, ‘What is the common sense?’

He said, 'First the servant came in. He said, 'What, you are bogus fellow sitting down here, wasting your time.' He gave me two-three abuses, used bad language and said, 'Have you seen any person here?' So I said, 'No.'

Then the minister came in. He didn't abuse me, but he just asked Me. Then the prime minister came. He said 'Sir' to me', must have been from England! and might have said also 'Thank you' perhaps! (laughter) 'And then came the king.' And he said that, 'You were extremely humble. You first touched my feet, you sat down on the Mother Earth, waited for me, to ask you, 'What do you want?' and in a very humble way said: 'If you have heard of people around you', because I am blind, so you didn't say something that would hurt me, in such a humble way, if I could tell you. But at least hundred and eight names of the Guru you took, before you asked me this. So I know you are the learned, you are the humblest, so you must be the king.'

Otherwise in those days we at least never had kings or prime ministers who were box-office actors. Even the public was so innocent that they would not accept such a nonsense, you see. So this was the difference.

From this story we have to derive that the more we are learned into Vidya, into the technique of Sahaja Yoga, we have to be humble.”

17-10-82, UK

“I mean for Me, sometimes I have to eat with bhoots and sometimes I have to eat bhoots. I not only eat with them, but also eat them, is the worst part.”

17-10-82, UK

####

When I was quite new in Sahaja Yoga and had just moved into my first ashram, I developed two large abscesses or boils on the left side of my body as part of the clearing-out process. One was on the Left Swad and made it rather uncomfortable (and embarrassing) to sit down and the other was on the chest, over the heart.

Eventually this latter abscess spewed large quantities of pus daily for a couple of weeks until one day I pulled out the 'plug' – a one-inch-long hard core – and got a great rush of vibrations as if some inner blockage had been removed. The overall effect was to soften the harsh and critical nature that the educated English are so prone to and I had a few experiences of great joy welling up in collective situations and felt more love for my fellow Yogis.

Anyway, the purpose of this story is to make a bad joke:- This goes to prove the saying that an 'abscess makes the heart grow fonder'! Ed.

####

*For more Sahaj humour visit **sahajcartoons.blogspot.com** where there are jokes, many of them illustrated, humorous stories and even links to sites such as photos of Shri Mataji laughing, different ways Shri Mataji showed to do a bandhan, etc.. An example:*

Yogi 1: We have found a way of measuring how good Sahaja Yogis are.

Yogi 2: Really? And what have you discovered?

Yogi 1: We have discovered that half of the Yogis are below average!

Yogi 2: No, really, that's shocking!

Another one:

Child to adult: Why do I have to keep quiet during meditation?

Adult: Because people are sleeping!

ॐ • जय श्री माताजी • ॐ
Jay Shri Mataji!

Humorous Songs

The Liver Diet Song (to the tune of 'Summer Holiday')

Half a dozen yogis are sitting around the kitchen table in the ashram. One is strumming a guitar and starts to whistle the refrain of 'Summer Holiday'. They all start to sing:-

We're all going on a liver diet,
No more chocolate for a week or two **CHORUS**
Rice and yoghurt till our liver's quiet
And a bag of sugar for me and you, for a week or two.

We're giving up tea and coffee, 'cos we know that water is best
We're trying to do things that are good for us
Like I always wear a vest (*Fat one looks inside his shirt and goes 'oops'*)
For breakfast it's cornflakes with water,
A salad's a feast for our eyes
We're gonna be brave, we're not gonna crave
To be down at McDonalds eating Big Mac and fries
Fat one (*wistfully*): With strawberry milkshakes and hot apple pies

Everyone else: Ssssh! **CHORUS**

There's some foods we just won't mention
(**Fat one**;) Like sausages, bacon and cheese. (**Everone**;) Ssssh!
We're tryin' to improve our attention and we won't do it with these
No, we won't do it with ease....
We're gonna jump straight up in the morning
and stay thoughtless for evermore,
We're gonna be strong, we're not gonna long
To be down at the Hut eating pizzas galore
Fat one: Ooooh, thet ham and pineapple's what I adore
All: Ssssh!

CHORUSending with:-

And a bag of sugar for me and you, for a week or two (*uh-huh*) for a
month or two (*uh-huh*) for a year or two (*uh-huh*) for a lifetime
or two! (*Everyone groans*)

The Shoebeat Song *by GH, PS and BT*

Hello everybody! How are you? I hope all right!
It's a great place here, weather is fine and sun shines bright
But I don't feel great, there is a problem in me
And my attention is not where it should be
But I know what to do and what could help me right now
I know how to kill the thoughts and I can tell you how.

I remember a treatment that is the solution
And it will manage your inner revolution
It will destroy all the negativity, and it brings you back to reality
If you also want to try it I'll promise you
It's a great treatment and not difficult to do

Self-pity, anger and grief? No problem all of that will leave!
Arrogance, misery, envy and fear
You can be sure all of that will disappear!
So I'll tell you on the spot what can help us a lot.....

It's the Shoebeat, which makes the problems leave
It's the Shoebeat against ego, fear and greed REFRAIN
It's the Shoebeat, that's exactly what you need
So do the Shoebeat, the Shoebeat, the Shooby-doo-by-doo beat

Try to feel so happy that you could fly
The treatment is great and brings you back to love and joy
Yeah, Mother always sends us help – Her way is really smooth
And you will recognise it if you want to see the truth
If you see the truth then you get the right conclusion
The union with Mother is an inner evolution

And, yeah, we really want to reach that level
But sometimes that ego can be mean as a devil
Sometimes it pushes us into illusion
And that will immediately stop our evolution

Then sit down and shoebeat in the green green grass
And there is something else that Mother always says
'Have faith in yourself', that's the most important thing
If you have faith in you, your heart will start to swing
Do you know now what to do when you feel so insecure?
Just do the Shoebeat like you've never done before.

REFRAIN

In real life everything is very easy
Sometimes you don't see it, that makes you a little dizzy
Establish in your mind Jesus the child
That makes you forgiving, humble, wise and mild
Then the next can work out and that is really smart
If you are the child, the Mother comes into your heart
That's the way you reach the level you expect
When the Mother is in your heart and the child is in your head

Righty right, you got it – can I go?
Goodbye everybody, I hope that you enjoyed the show
Don't forget the message, I will say it again to you
If you have a problem, here is the clue....

It's the Shoebeat, which makes the problems leave
It's the Shoebeat against ego, fear and greed
It's the Shoebeat, that's exactly what you need
So do the Shoebeat, the Shoebeat, the Shooby-doo-by-doo beat

Do it in the morning and before you go to sleep
I'll say it again so you got it very deep

Page 97 – Solutions to Puzzles

Crossword – Akashwani Diwali 2016: – Page 8

Across: 1.Dice 3.Dance 6.Ra 7.Weather 8.Atman 9.Lakshmi 10.Sari
12.Pastures 14.Nalakubari 17.Drawn 18.Venus 20.Neo 21.Sugreeva

Down: 1.Diwali 2.Crackers 3.Dream 4.Aartis 5.Emancipation
11.Ground 12. Pandavas 13.Tea 15.Lion 16.Aparna 19.See

Scramble 1:- Page 10

Scrambled words: CRINGE, KNAVE, PROVEN, EIGHTH.

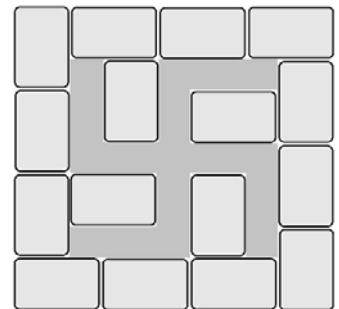
He found that living in London and having to clear his left Vishuddhi every day was a 'PAIN IN THE NECK'.

Shri Mataji's 108 Names Crossword:- Page 17

Across: 1.Nirguna 4.Svastha 9. Jana-va 10.Nirbhava 11.Sahaja
13.Bhavani 16.Arch 18.Atyaya 20.Labha 21.Prana 22.Badha
23.Shama 25.Adhara 27.Vandaru 29.Jana 30.Tara 31.Nihsamshaya

Down: 1.Nirnasha 2.Garbha 3.Nirakara 5.Vijaya 6.Sandra 7.Apaya
8.Gambhira 12.Jay 14.Vilasini 15.Nibha 17.Mahapujya 19.Ashraya
22.Bhakti 24.Rajni 26.Hara 27.Vara 28.Atma

Swastika Puzzle:- Page 19. It's what's not there that counts!



Scramble 2:- Page 22

Scrambled words: TRAVEL, LEMON/MELON, DEITY, SLIGHT.

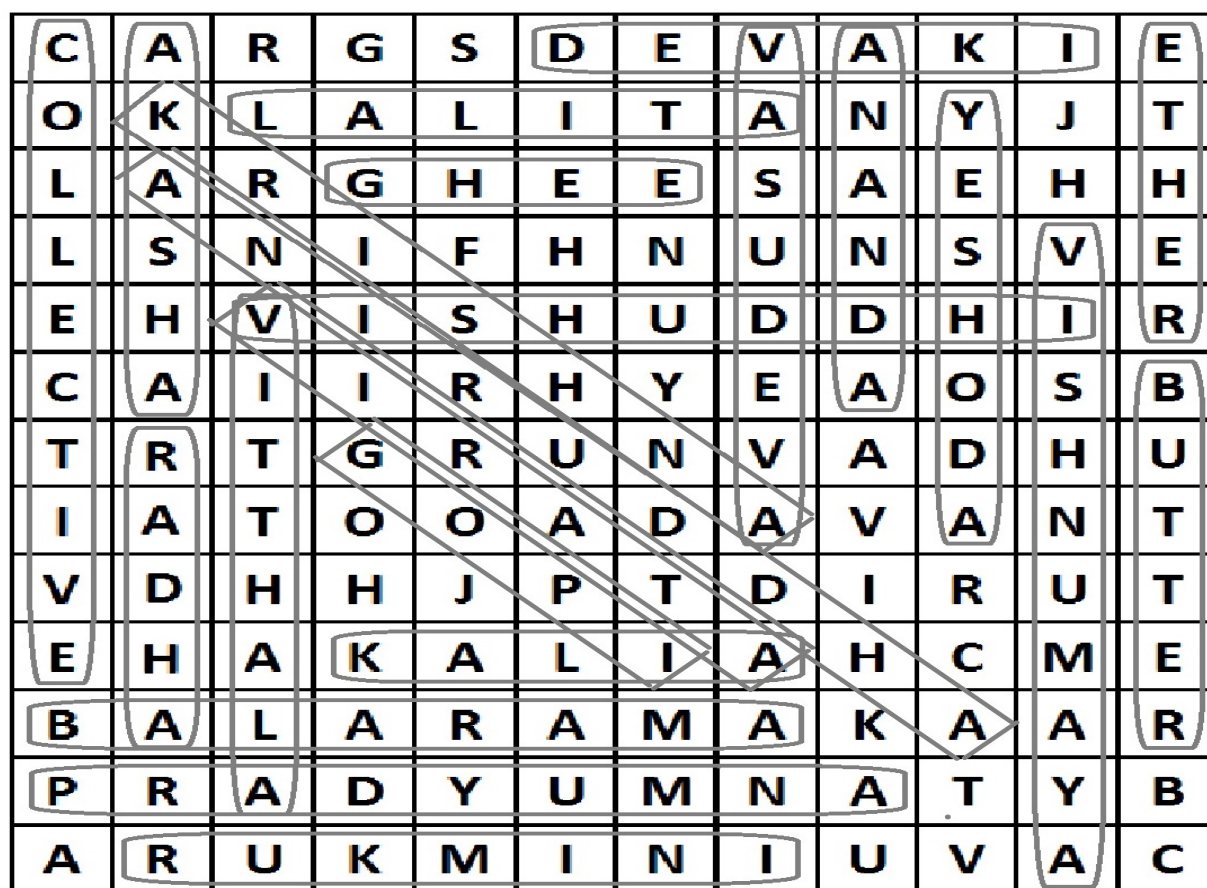
The proton told the electron not to be 'SO NEGATIVE'.

Scramble 3:- Page 36 (Guru Wordsearch on nest page)

Scrambled words: SCHOOL, FORKED, KNIGHT, ACRONYM.

He spent so much time with his feet in a bowl of salty water they said he was 'FOOTSOAK-KING'.

Vishuddhi Word Search: – Page 39



Akashwani – No.6. Crossword:- Page 43

Across: 1.Devanagari 8.Astral 9.Shambhu 11.Heavenly 12.Ekavira
13.Bear 15.Rosetta 17.Anima 18.Bagels 19.Hanukkah 22.Male 23.JM
24.Ra 25.Squirrel 27.String 28.Seekers

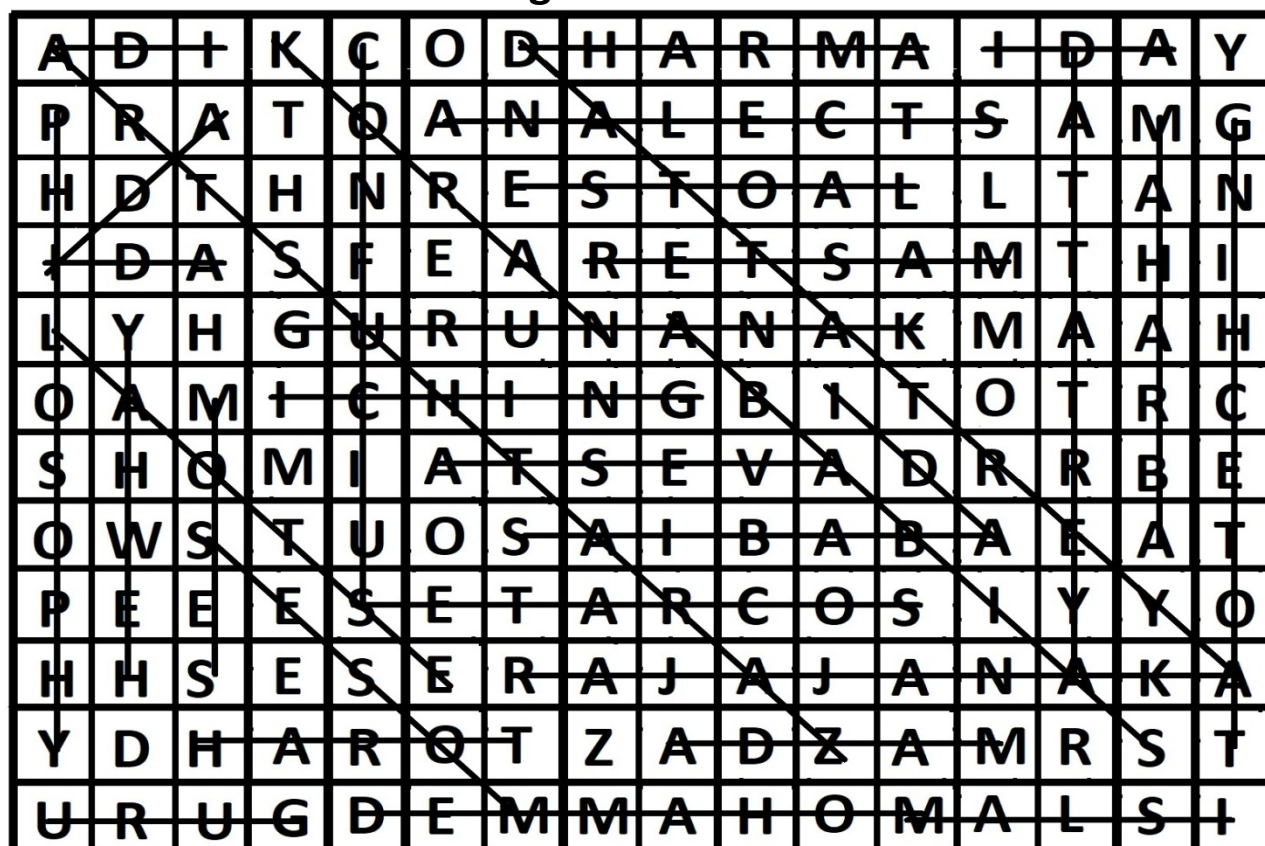
Down: 1. Dussehra 2.Nabhi 3.Gruhalakshmi 4.Ramayana 5.Is
6.Prince 7.Slayer 10.Adams 13.Brick 14.Avatar 16.Eagles 18.Bharat
20.Norse 21.Hands 23.Jung 26.Lok

Crossword – Akashwani Adi Shakti 2016:– Page 57

Across: 1.Carol 6.Prana 8.Children 9.Fate 10.Lakshmi 12.Gaya
14.Mantra 16.Era 18.Ambika 19.Day 20.Adi Shakti

Down: 1.Conch 2.Racial 3.Open 4.Radha 5,Saraswati 7.Athena
9.Fig 11.Artemis 13.Anand 14.Maria 15.Heart 17.Maya

Adi Guru Word Search:- Page 50



Akashwani Navaratri Puzzle:- Page 72

1.Discus 2.Conch 3.Sword 4.Whip 5.Javelin 6.Spear 7.Plough
8.Axe 9.Trident 10.Arrows 11.Mace 12.Barbed Dart 13.Halter
Shaded column: SHRI JAGADAMBA.

Scramble 4:- Page 74

Scrambled words: SHINES, LOTUS, FOOTSOAK, HEART.

The traffic in London moved so slowly because everyone was driving
'ON THE LEFT'.

Akashwani No.1- March 2016 Crossword:- Page 88

Across: 1.Garima 5.Chit 7.Jesus 8.Hrim 10.Ram 11.Nitya 13.Breeze
15.Albert

Down: 1.Gajanana 2.Rosewater 3.Moses 4.Dharma 6.Time 8.Horse
12.Abel 14.Ear

DEITIES QUIZ

i) Shri Ganesha (10 points) Please name:-

- | | |
|------------------------|---------------------------------|
| a) Father and Mother | e) Vehicle |
| b) Brother | f) Eight Swayambhus around Pune |
| c) Two weapons | g) Mahaganesha Swayambhu near |
| d) Other hands holding | Ratnagiri |

ii) Adi Guru Dattatreya (23 points)

- | | |
|---------------------------------|-----------------------------------|
| a) Father, Mother, Two Brothers | d) Holding in the hands |
| b) Wish-fulfilling cow | e) Incarnations before Christ (7) |
| c) Number of heads and hands | f) Incarnations after Christ (3) |

iii) Shri Rāma (19 points)

- | | |
|--------------------------------|-------------------------------------|
| a) Father, Mother, | h) The herb which saved Rama's |
| b) Three brothers | brother |
| c) Father's other two wives | i) Mountain where the herb |
| d) Wife and wife's father | grew |
| e) Two sons | j) Being who brought the herb |
| f) Demon who abducted His wife | k) Day Rama's victory is celebrated |
| g) The demon's two brothers | l) Day His birthday is celebrated |

iv) Shri Krishna (16 points)

- | | |
|--------------------------------------|--|
| a) Father, Mother and Brother | f) Son and grandson |
| b) Birthday | g) Poor friend who came to visit |
| c) Wicked Uncle and his city | h) City Krishna established |
| d) Foster parents and their daughter | i) The promise He made to Shishupala's mother |
| e) Place where foster parents lived | j) Demon He rescued sixteen thousand women from? |

v) Shri Vishnu (20 points)

- a) Incarnations that were animals or part-animal
- b) Incarnations that were human
- c) Number of heads and hands
- d) Holding in the hands
- e) Snake who is His support
- f) His friend, the sage who is always stirring up trouble
- g) His doorkeepers who were cursed to take birth on Earth
- h) Sage who kicked Shri Vishnu to wake Him up

vi) Buddha (5 points)

- (a) Name
- (c) Birthplace (*childhood home*)
- (b) Mother, Father
- (d) Place of enlightenment

v) Jesus Christ (8 points)

- a) Place of birth
- b) Country to which the family fled to avoid persecution
- c) His cousin who baptised Him
- d) Disciple known as Didymus –‘the twin’
- e) What He used to feed the five thousand followers
- f) Brother of Mary and Martha who died
- g) Place of marriage where He turned water to wine
- h) ‘Blessed are the for they shall see God’.

Answers: (Total 100 points)

i) Shri Ganesha

- (a) Shiva, Parvati
- (b) Karttikeya
- (c) Pasha (*rope*), Ankush (*elephant goad*)
- (d) Blessings or tusk, bowl of sweets (*laddhus*)
- (e) Mouse / rat
- (f) Ashta-vinayakas
- (g) Ganapatipule

ii) Adi Guru Dattatreya

(a) Atri, Anasuya, Durvasa, Chandra (b) Kamadhenu (c) 3 heads, 6 hands (d) Conch, discus (*or lotus*), trident, drum, waterpot, rosary (e) Janaka, Abraham, Zarathustra, Moses, Lao Tse, Confucius, Socrates (f) Mohammad, Guru Nanak, Sai Baba

iii) Shri Rama

(a) Dasharatha, Kaushalya (b) Lakshmana, Bharat, Shatrughna (c) Kaikeyi, Sumitra (d) Sita, Raja Janaka (e) Luv and Kush (f) Ravana (g) Bibhishana, Kumbhakarna (h) Sanjeevani (i) Dronagiri (j) Shri Hanuman (k) Vijaya-dashami (*Dussehra – 10th day of Navaratri*) (l) Rama-Navami (jayanti) (*9th day of spring Navaratri*)

iv) Shri Krishna

(a) Vasudeva, Devaki, Balarama (b) Janmashtami (*8th day of waning moon in August*) (c) Kamsa, Mathura (d) Nandi, Yashoda, Vishnumaya (e) Vrindavan (f) Pradyumna, Aniruddha (g) Sudama (h) Dwaraka (i) To forgive his insults 100 times (j) Narakasura

v) Shri Vishnu

(a) Matsya (*fish*), Kurma (*turtle*), Varaha (*boar*), Narasimha (*man-lion*) (b) Vamana, Parashurama, Rama, Krishna, Jesus Christ, (Kalki) (*5 pts*) (c) One head, four hands (d) Conch, discus, mace, lotus (e) Shesha Nag (f) Narada (g) Jaya, Vijaya (h) Bhrigu

vi) Buddha

(a) Siddhartha Gautama (b) Maya-devi, Suddhodana (c) Kapilavastu (*Lumbini*) (d) Bodh Gaya, Bihar

vii) Jesus Christ

(a) Bethlehem, Palestine (b) Egypt (c) John the Baptist (d) Thomas (e) 2 loaves and 5 fishes (f) Lazarus (g) Canaan (h) 'pure in heart'



Friday Night Thoughtlessness Inspiring Sahaj Quiz

17th January 2020

Brought to you by The Ashram of the North

Four Teams

Divide evenly into four teams.

Try to be as random (...spontaneous) as possible.

Grab a paper and pen – one per team.

No Phones.

Each round has a max. +5 points (3 x +1 and **1 x +2**)
and +1 bonus for a more difficult question.

Round 1: Basics

1. What is the meaning of 'Mooladhara'?
 2. Name four qualities of the heart.
 3. What element would you use to clear the Agnya chakra?
 4. What are Ekadasha Rudras and how many are there?
- Bonus: Name the chakras placed on the two shoulders/ shoulder joints.

Round 2: Treatments

1. How many lemons and chillies are used in matka treatment?
 2. Which treatment can be used to clear Hamsa chakra?
 3. Which chakra is cleared by onion treatment?
 4. Name four treatments for left side.
- Bonus: What item of clothing is recommended to protect the heart chakra?

Round 3: Mantras

1. Write out the repeated mantra format from the Devi Suktam, by Shri Adi Shankaracharya.
 2. What is the meaning of the mantra – “Shivoham”?
 3. Which mantra is said three times at the opening of a Havan?
 4. Which channel does the gayatri mantra activate?
- Bonus: What does “Om Swaha” mean?

Round 4: Deities

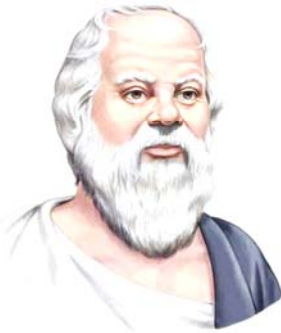
1. Which deity is known for having a Condor/Garuda as his vehicle?
 2. What is the weapon typically carried by Shri Shiva?
 3. Which of Shri Ganesha's tusks is broken? And what is his vehicle?
 4. Which deity has very few temples and is not often worshipped in India?
- Bonus: Which of the Adi Gurus said: “Treat Others as you Wish to be Treated” as his Golden Rule?

Round 5: Bhajans

1. What is the meaning of “Sab. Ko Dua Dena”?
 2. Which bhajan is typically sung to ask permission to perform puja?
 3. Who wrote the song “To Morning”?
 4. Name a bhajan whose lyrics were written by Shri Mataji.
- Bonus: Where did Shri Mataji first say the prayer – “Mother Please Come in My Heart”?

Round 6: Picture Round

1



Name the deity:

3



4



2



Bonus: Picture Round

- Which Goddess is this and what is her manifestation in Indian Mythology?



Round 7: Shri Mataji's Life

1. What was the name of Shri Mataji's father?
 2. Write down the Time, Date and Location of Shri Mataji's birth.
 3. What day is celebrated as Sahasrara Day?
 4. Which famous world leader did Shri Mataji give advice to when she was just a child?
- Bonus: What subject was Shri Mataji's mother the first woman in India to get a degree in?

Fun Round: Miscellaneous

1. Which festival is often celebrated with brightly coloured powders and a fire?
 2. Which deity is known for His playful tricks and relationship with His sister?
 3. What are the bija mantras for Swadisthan and Vishuddhi?
 4. What element is associated with the Swadisthan chakra?
- Bonus: What are the five elements offered during puja?

Adding the scores + Extra Points*

- Team with greatest age range: +1
- Team with people from most different countries: +1
- Team with least people: +1
- Team with most red items of clothing (worn): +1
- Most disruptive team: -1

* Terms and Conditions: based on quiz-master's discretion, no reason necessary.

Answers to Yuva Quiz.... (do you really need them?)

Round 1: Basics

1. 'The Support of the Root' (moola –'root', adhara –'support')
2. Love, compassion, security, detachment, responsibility, fearlessness, courage, joy, etc., etc.
3. Element of Light (candle flame, etc.)
4. Destructive powers of God (Shri Jesus, Kalki, Shiva, Ganesha, etc.) manifesting as diseases and disasters. There are eleven (Ekādasha –'eleven', Rudra –'fierce, dreadful')

Bonus: Left shoulder – Lalitā Chakra. Right shoulder – Shrī Chakra.

Round 2: Treatments

1. Normally seven of each.
2. Putting ghee (or other oils) up the nose. Shri Hamsa Chakra Swāminī mantra. Prāṇayama exercise.
3. Āgñyā Chakra.
4. Right hand to Mother Earth, foot-soaking, three candle treatment, camphoring, Shri Mahākālī Bhairava (or Īḍā Nāḍī Swāminī) mantra, getting up early for meditation (and not going to bed late), string-knotting, paper-burning, etc.

Bonus: A vest (singlet)

Round 3: Mantras

1. 'Ya Devi sarva bhuteshu śhāntiḥ rūpena samsthitā, namo-'stu Te, namo-'stu Te, namo-'stu Te namo namaḥ'. (This is the Tāntrika Devi Sūktam: there are other Devi Sūktams)
2. 'I am the Blissful, Happy and Auspicious God' ('I am Shiva' is not really a full translation)
3. Shri Agni Devatā.
4. Right Side (Piṅgalā Nāḍī)

Bonus: Om –‘Amen, name of God’, Swāhā –‘well-spoken’ (su –‘good, beautiful’, āhā –‘speak’) The consuming power of the fire.

Round 4: Deities

1. Shri Vishnu.
2. Trident (Trishula) – also drum (Damaru), sometimes axe (Parashu), bow (Pinaka), sword (Khadga), and others!
3. Normally (but not always) His left tusk is missing. His vehicle is usually a rat/mouse (Shri Mataji says both at different times) but can also be a peacock, etc.
4. Shri Brahmadeva.

Bonus: Nearly all of them! But most famously Confucius.

Round 5: Bhajans

1. ‘Give blessings to all’ (*sab –‘all’, ko –‘to’, dua –‘blessing’, dena –‘give’*)
2. Binati Suniye.
3. William Blake. (*tune by Ian Bascombe*)
4. Binati Suniye; Ma Teri Jaya Ho; Mother, please come in my heart.

Bonus: Chelsham Road, 5th Oct 1984.

Round 6: Picture Round

1. Socrates
2. Jesus
3. Karttikeya
4. Lao Tse (*written in Chinese!*)

Bonus: Athena – Shri Mahālakshmī.

Round 7: Shri Mataji’s Life

1. Prasad Rao Salve
2. Noon, 21st March 1923, Chhindwara, Madhya Pradesh, India.
3. 5th May (1970)
4. Mahātmā Gandhi

Bonus: Mathematics (from Fergusson College, Poona)

Fun Round: Miscellaneous

1. Holi.
2. Shri Krishna.
3. Swadhisthan – ‘Om Vam’ (water element) or ‘baṁ, bhaṁ, maṁ, yaṁ, raṁ, laṁ’.

Vishuddhi – ‘Om Ham’ (ether element) or ‘Am, ām, im, īm, um, ūm, ṛm, ṛṛm, ḷm, ḷṛm, em, aim, om, aum, am, aḥ.’ (16 vowels)

4. Normally fire (in Sahaja Yoga) sometimes water (outside Sahaja Yoga).

Bonus: Either: Dhūpa (*incense*), Dīpa (*lamp*), Naivedya (*eatables, water*), Gandha (*perfume*) and Pushpa (*flowers*).

Or: Milk, butter (*ghee*), yoghurt, sugar and honey (*pañch-āmṛut* – ‘*five-fold nectar*’) plus saffron.

We hope you have enjoyed the Sahaja Yoga Joke Book. We would welcome any contributions at chris108m@yahoo.co.uk.

Jay Shri Mataji!